

November–December
2005

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B I C Y C L E € € R™

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



Lunch Stop on Broad Channel during the Rockaway Gateway Greenway Shuffle Sept 25th (photo: Danny Lieberman).

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Two-Wheeled Wondering

More cyclists are taking to the roads. It's up to us to make them feel welcome and safe.

According to figures provided to USA TODAY by Bikes Belong, a supplier and retailer coalition, U.S. bicycle sales in 2005 could surpass 20 million. That would be cycling's biggest sales year since 1974, and it's also three million more than the amount of automobiles and light trucks that Americans will buy this year. U.S. oil consumption has declined 3 percent from last year, brought about by \$3 gallon gasoline and the Katrina/Rita after-effects that include refinery shutdowns and spot shortages. Your local independent bike dealer, the online stores, and the mass merchants will all benefit from that. The executive director of Bikes Belong, Tim Blumenthal, told USA TODAY that, "for bicycles, high gasoline prices are a good thing."

Well, with all due respect, history indicates otherwise. The Seventies bicycle sales boom was in response to the first "energy crisis," when the world was supposed to run out of oil in 30 years. In the winter of 1973-1974, real panic was triggered by an embargo of Middle East oil. We had long lines at gas stations, "odd-even" days, people dumping their full-size cars (which were even less fuel-efficient than today's biggest SUVs) for subcompact imports, and commuters starting to ride bikes to work. The same thing happened five years later. But just as those crises passed, people returned to old habits. Most of those bicycles sold in the early Seventies sat in garages gathering dust.

Part of the problem was product. There were no hybrids, mountain bikes or comfort bikes. The fashion trend was dropped handlebars, which many people didn't enjoy riding, just as most men hated wearing leisure suits. There were also few trails and no greenways. Motorists were scary. And then there were all those snotty cyclists on their fancy mounts whizzing past them, creating instant inferiority complexes and resentment.

Comparatively, the good old days are today. There's plenty of product choice. We have rider and motorist education, safe lanes, traffic enforcement, and more cohesive transportation policies to accommodate bicyclists. Yes, they need to be much better, but the progress has been enormous. So maybe this

November General Meeting

Monday, November 21, 6:30PM

Location: AYH, 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.

December Holiday Party

Saturday, December 10, 7-11PM

Location: 17 Murray Bar & Restaurant, 17 Murray Street (Between Broadway & Church), Manhattan.

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 of \$20 per person (\$25 after 12/3) 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

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☺ Don't Worry, Be Happy!

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

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

December Holiday Party *(continued from page 1)*

this link at Active.com, http://www.active.com/event_detail.cfm?event_id=1250955. Let's party!

Final Note. We want to thank everyone who attended the September 19 General Meeting. We raised \$570 for the Uniformed Firefighters Association's (UFA) Widows & Children's Fund, through a combination of discounted FDNY ride jerseys, a 5BBC donation, and a raffle, which sold 29 tickets. Congratulations to the winner, Robert Brown. And let's express our appreciation to guests Clarence Eckerson of the cable television program bikeTV, and to New York City fireman Josh Gallo, who discussed his first and third cross-country rides in his return engagement to the 5BBC.

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

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

time, the new frugality will have "legs" and people will truly change their habits about auto dependency.

What can we do to keep our emerging fellow cyclists engaged? Make them feel appreciated. We call ourselves "New York's Friendliest Bike Club" for a reason. There's never been a better opportunity than this moment in history to display it.

See ALL OF YOU on the road!

Peter Engel
2005 Newsletter Editor
Newsletter@5BBC.org

Day Tripper

I thought I'd tell you a little about my summer vacation. In late August I spent a week in Portland, Oregon, though much of the time spent was in Vancouver, Washington, where my cousin Marc and his girlfriend Cathy live. Now, much has been said about Portland being the cycling capital of the United States; I can say from first-hand experience that Portland is indeed a cyclist's paradise and a vibrant, sustainable and friendly city of the first magnitude.

First of all, there are bike lanes absolutely everywhere: arterial streets, busy streets, and there are also greenways on most of the major highways. There are also some classic riverfront greenways along the Willamette River and bike paths on just about all of the bridges. More importantly, you'll find cyclists get respect and no attitude from everyone in Portland; this is also true for other areas in the Northwest.

Several times I was asked if I was ready to move to Portland after seeing this magical land. But the more I thought about it the more I felt that we need to do more to improve cycling here in New York City, to make our city more like Portland, both in mind set as well as in concrete and asphalt.

Day Trips: November–December 2005

Saturday, November 5th THE SUPERIMETER! (Quick Spin)

8AM, Bridgemarket, 75+ miles

Look out! You've never seen a perimeter ride like this one! We've combined the best of the Brooklyn and Queens Perimeter rides, making this the longest and fastest perimeter ride ever! From Coney Island, JFK Airport, Fort Totten and Shea Stadium, we'll circle around the boroughs of the Dodgers and the Mets. Note: this new route has been streamlined to minimize turns and we'll see some different neighborhoods along the way. This is a brand new Perimeter Ride! Be prepared to ride 15+mph. No slackers! Bring a lock and \$ for lunch at a diner. Remember to carry enough water and pocket snacks for this long ride. Terrain is mostly flat but there will be a few noticeable hills. Stops will be limited. Leaders: Danny Lieberman, Mark Trainor and others.

OLD RICHMONDTOWN STATEN ISLAND

11AM, Staten Island Borough Hall, 30 hilly miles

Join us for this Fall ride to Old Richmond Town and Civil War Enactment. Take time to explore some of the old buildings; there are 27, and many have been restored and are open for touring. Bring a lock, \$ for lunch, and \$6 for the Civil War Enactment. Leaders: Jim Mallard and others.

Of course, it could take many years before the Big Apple becomes as bike friendly as Portland or Berkeley, but it is possible. Building the bike paths and installing the bike racks; those are the easy steps. The harder task will be changing the attitudes of New Yorkers, especially drivers and the non-cycling public who just don't get it.

While out West I went on a couple of rides with one of the local bike clubs, the Vancouver Bicycle Club. I found them to be a friendly and engaging group; in fact, not at all dissimilar to the 5BBC. VBC members all seemed to be excellent hill climbers, which is no doubt due to their proximity to the Cascades. Like some clubs they list their rides online, which made it easy to pick which one to join. I would recommend riding with them if you are in that area; visit their website at www.vancouverbicycleclub.com.

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

BRIDGES OF NEW YORK, ENCORE PRESENTATION

7:30AM, Chelsea Piers, 60-80 miles

I rarely do requests of any sort, but this time "Midwest" could not be refused. Ride: 17 bridges in 5 boroughs that are cyclist accessible, in fluid sequence. Basics: not for beginners or faint of heart; must ride 12-15mph pace, deal with busy traffic, pedestrians and uncertainty; ride 40 miles before lunch. Make sure you do some hard riding beforehand. This will be tough! Those who finish will be honored with a simple memento of my own choosing. Leaders: Alfredo Garcia 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

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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

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 Trips *(continued from page 3)*

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 wanted to do hills without leaving 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. Not sure if it's bike friendly. I'm working on it, relax. 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.

Saturday, November 12th ☺ **THE GREATEST TURKEY RIDE**

10AM, AYH, 30 miles

Join Ed and Liz as we eat Charlie's turkey, the best turkey in Queens. I can say that I have been eating it for years. This is an easy 30-mile, mostly flat ride. The usual weather conditions apply. Bring a lock and \$5-7 for lunch. Leaders: Ed Pino and Liz Baum.

☺ **SEW WHAT RIDE?**

10AM, Prospect Park entrance at Grand Army Plaza, 20 miles

Let's face it, a lot goes on behind "clothes" doors... and peering through the doors of a clothing factory might get a steel door slammed in your face. But, SEARLE Manufacturing and Retailing with their upscale Manhattan stores, will be happy to let their pants down (or is it dresses and coats?) and show us their Queens clothing factory in action. Even if you are not a man or woman of the cloth, there are bound to be some surprises! Bring lock and money for lunch at a local ethnic restaurant. Leisurely pace. Leaders: Richard Sanford and Randy Horowitz. Rain at start time cancels.

Sunday, November 13th **ROCK AROUND THE ROCK**

9:45AM, City Hall, 40 miles
11AM, St George Ferry Terminal, Staten Island

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

Saturday, November 19th **KEW GARDENS TO OYSTER BAY (Quick Spin)**

9AM, Kew Gardens, Statue of Civic Virtue, 55 miles

Meet at the statue at the corner of Queens Boulevard and Union Turnpike for this Quick Spin (15+ mph pace) ride out to Oyster Bay. Ride moderate and rolling hills as we head through Jamaica Estates, eastern Queens, Upper Brookville and Muttontown. Bring a lock and bring or buy lunch. Leaders: Dennis Griffin and others.

Sunday, November 20th **FROSTBITE RIDE #0: BROADWAY IN SUMMIT**

9AM, WTC Path Station, approx 40 miles

If you want the real lowdown on the upcoming annual Frostbite ride series, including dates, destinations, mileages, snow and ice forecasts, and food options, this preview ride will travel to the Broadway Diner. Not to our traditional stop in Bayonne, but rather its sister location in Summit, NJ, for the "world's greatest pancakes", and a chance to discover which outlet has the best cooking. Moderate pace but note longer mileage and hillier terrain than a typical Frostbite. Bring bike locks, \$3 PATH fare and flapjack flappers. Heavy rain cancels. Leaders: Ted M. Kushner and Ed DeFreitas.

☺ **TRAFFIC HATERS RIDE TO LEED'S POND**

10AM, Cunningham Park, 30 miles

Take the back roads to a quiet spot on the North Shore of Nassau County. Rain or the threat of rain cancels. Easy pace, and a few hills. We will buy lunch. Bring a lock. Leaders: Manny Sanudo and others.

Saturday, November 26th ☺ **POST-TURKEY TIME-OUT**

9:30AM, City Hall, 30-35 miles

Christmas shopping completed? Take a time-out from the relatives and all that leftover turkey for a quiet ride through nearby Queens and Brooklyn

neighborhoods. No fixed destination or route at press time. Be sure to bring a lock, and lunch will probably be indoors. Moderate pace. Leaders: Danny Lieberman and others.

Sunday, November 27th

☺ OFF-ROAD VISTAS: SADDLE UP AND RIDE THE HUTCH

9AM, Eastchester (Dyre Ave), 15 miles

MOUNTAIN OR HYBRID BIKES REQUIRED!

What this ride lacks in distance, it makes up for in fun. This is a trail ride. We ride over ruts, rocks and water. Bring lunch or money for it because there's a lake to enjoy it by. Bug spray optional. No Gonzos! This is a fun ride with safety as the requirement. Leaders: Ed DeFreitas and others.

Saturday, December 3rd

☺ AROUND THE WORLD TO FILLMORE'S

10AM, AYH, 30 miles

Join Ed & Liz on our ride to Fillmore's for lunch. This will be an easy flat ride of 30 miles through the borough of Queens. We will circle the globe and eat in a pub-like atmosphere. Join us on this warm winter journey for a trip around the world and a great lunch. Bring \$10.00 and a good attitude for a real lunch. The restaurant is bike-friendly but bring a bike lock. Leaders: Ed Pino and Liz Baum.

Sunday, December 4th

☺ FROSTBITE RIDE #1: THE WORLD'S GREATEST PANCAKES

10AM, City Hall, 25 miles

11AM, St George Ferry Terminal, Staten Island

This is the traditional start to our club's answer to the pending winter blahs. The "Frost Bites" Series asks the question, if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to S.I., follow the west coast, cross the Bayonne Bridge for those delicious pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. NOTE: We have an alternate plan if the weather is bad! Leaders: Ed DeFreitas and Danny Lieberman.

Saturday, December 10th

KEW GARDENS TO OYSTER BAY (Quick Spin)

9AM, Kew Gardens, Statue of Civic Virtue, 55 miles

Meet at the statue at the corner of Queens Blvd and Union Turnpike for this Quick Spin (15mph+ pace) ride out to Oyster Bay. Moderate and rolling hills as we head through Jamaica Estates, eastern Queens, Upper Brookville and Muttontown. Bring a lock and bring or buy lunch. Leaders: Dennis Griffin and others.

Sunday, December 11th

☺ FROSTBITE RIDE #2: FLAT ROCK NATURE PRESERVE

10AM, City Hall, 30 miles

Aah Naturale in Joisey! This privately-owned natural preserve lets us bike to their Nature Center but only to hike their trails. Lunch at a pond. Clothing is not optional. Leaders: Ed DeFreitas and others.

Friday, December 16th

☺ DIGI-TALL FACTORY RIDE

10AM, Prospect Park entrance at Grand Army Plaza, 20 miles

Okay, you've got your image to keep and insist on having a picture of you made in your nighties, large enough to be plastered on a 42nd Street billboard. No problem, gorgeous. Meet Mark at "291 Digital," Manhattan, who can make you a billboard as large as a city block. This company has incredible machinery and what they turn out will amaze you. Join us for this Friday digital imaging factory tour where you are sure to be impressed, (if not imprinted). Bring lock and money for lunch at a local Manhattan deli. Leisurely pace. Leaders: Richard Sanford and Randy Horowitz. If there's rain or light snow, we still go but take the subway. Heavy snow or icy conditions cancels.

Saturday, December 17th

☺ FREEZER JAM # 1: THE SOUTH BRONX

10AM, Bridgemarket, less than 20 miles

Winter brings more winter rides! We may visit the Hunts Point section to see the new home of the Fulton Fish Market, as well as some other unique destinations within the Bronx. Dress warmly in layers and be sure to bring a lock and \$ for a lunch stop in a warm place. Easy pace, flat terrain. Leaders: Danny Lieberman and Jim Zisfein.

Sunday, December 18th

☺ FROSTBITE RIDE # 3: XMAS IN THE MEDI-EVIL CLOISTERS

10AM, City Hall, 25 miles

You don't have to be rich as Rockefeller to enjoy medieval art in a monastery setting atop Fort Tryon Park. Bring lunch for Al Fresco dining or eat indoors (a little pricey but good). Leaders: Ed DeFreitas and others.

Saturday, December 24th

NO RIDES SCHEDULED FOR TODAY.

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.

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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.

Day Trips (continued from page 5)

Sunday, December 25th

☺ FROSTBITE RIDE # 4: XMAS LIGHTS IN DYKER HEIGHTS (and Dim Sum Too)

12 NOON, City Hall, 30 miles

Brooklyn's Chinatown is no longer a secret. But it's still a great destination when Dim Sum is desired. First we'll swing around to Sixth Avenue for lunch. Then we'll check out the Xmas lights atop Dyker Heights. On the way back, we'll take in the Manhattan skyline from Sunset Park. Leaders: Ed DeFreitas and others. Bring front and rear lights since we will be riding after sunset.

Saturday, December 31st

NO RIDES SCHEDULED FOR TODAY.

Sunday, January 1st

☺ FROSTBITE RIDE # 5: NEW YEARS AT THE NEW YORK BOTANICAL GARDENS

10AM, Plaza Hotel, 25 miles

This is Elly Spangenberg's perennial ride. Smell fresh roses at one of America's foremost public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants in a warm environment. See www.nybg.org for

Weekend Wrap-up 2005: There Went The Weekend!

Here's a riddle: what had about 200 legs, about 92 large wheels, at least 1,000 miles, and one day of bad weather? Answers, at press time: the number of limbs belonging to trippers and leaders participating in this year's Weekend trips schedule; the number of vehicle tires used for transportation; the approximate total of mileage covered by the trips; and only 1 out of 30 possible trip days when the sun didn't shine.

Well, maybe it's not as humorous as why the chicken crossed the road, but a fabulous season of excursions from Cape Cod to Cape May is a heart-warming rather than mirthful occasion. Actually, we never did quite make it all the way to Cape May: from the original, ambitious, schedule of a Sweet 16, a total of 10 saw the light of day and the glimmer of night, and those 10 were simply magical by all accounts.

A Very BIG thank you goes out to all of the "trippers" who signed up, paid hard earned money, and committed themselves to meet old friends and new, to share lodgings and meals, to seek out new travel vistas, and to enjoy our common bond, that of bicycling.

internet info. Bring a digital camera, lock, \$ for lunch and \$3 for admission. Leaders: Ed DeFreitas and others.

Saturday, January 7th FREEZER JAM # 2: RED HOOK

10AM, Bridgemarket, 20 miles

Staying with the industrial Post-Modern theme, we'll ride through more of the chic Brooklyn neighborhoods to wonderful Red Hook, with its harbor views, neighborhood gardens and magnificent deserted warehouses. Bring a lock, \$ for lunch and a smile. Easy pace, and flat terrain. Leaders: Danny Lieberman and others.

Sunday, January 8th FROSTBITE RIDE # 6: RIDE TO GARIBALDI & ALICE AUSTEN (Staten Island)

10AM, City Hall, 20 miles

Get transported again by the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant - oops, wrong song, it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related web site at www.aliceausten.8m.com. Don't worry about Giuseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders: Ed DeFreitas and others.

A very, very BIGG thank you goes out to our Volunteer leaders, without whom these trips could not be done: in no particular order, those are Steve Sakson, Eileen Kapp, Ira Najowitz, Manny Sanudo, Sharon Behnke, Lee Ann Van Wyck, Andrea Mercado, Susan Rodetis, Clyde Eisman, Jesse Brown, Alfredo Garcia, Mark Trainor, and Wentworth Price. Be generous with your tips.

Finally, a heartfelt thank you goes out to all of you who made suggestions, offered invaluable constructive comments, or otherwise were there for us behind the scenes all year long, including, but not limited to Barry Hartglass, Bob Castro, Brian Hoberman, Susan R., and especially Phil Goldberg. And a preposition is STILL a word you should never end a sentence with. Regards to all.

Ted Kushner

2005 Weekend Trips Coordinator Emeritus
Weekends@5BBC.org

Update: New York Bicycle Coalition

Joshua Poppel of the New York Bicycle Coalition (www.nybc.net) provides monthly updates on legislative advocacy in Albany and throughout the state on behalf of organizations like the Five Borough Bicycle Club:

The New York Bicycle Coalition recently received a Traffic Safety Award from AAA of NYS for our efforts to bring "Share the Road" information to more motorists across the state. This training is a very valuable component of our education and awareness campaign.

This past September, the Erie Canal Trail took another step towards its goal of being the longest recreational trail in the country. The Erie Canal Trail has become a popular tourist destination for cyclist and non-cyclists alike; it offers New York State the opportunity to be a leader in greenway development in the United States. A 6-mile segment was completed in Marcy, creating a continuous 16-mile bike and hike path between Rome and Utica. More than half of the 348-mile trail is in place and when completed the trail will connect Buffalo to Albany with an off-road greenway corridor.

Our future advocacy work will include meetings with the state's Department of Transportation, select

members of the New York State Legislature and other important organizations. We will continue to press for implementation of the Safe Routes to School Program, passage of Ryan's Law, and increased safety and access for bicycle and pedestrian facilities.

We still need your help to expand our programming. NYBC is a registered 501c3 organization (all donations are tax deductible) whose mission is to provide a coherent, credible voice for the interests of all bicyclists in the state and encourage the use of bicycles for transportation, sport, recreation and health. We are actively seeking new board members and hope to have a representative with all of the major clubs throughout the state.

NYBC will be attending some of the upcoming club meetings and working with interested parties to extend the reach of our advocacy network. Please contact us if you, your club, or anyone you know is interested in working with NYBC or having us speak at your next meeting.

Joshua Poppel, Executive Director
New York Bicycle Coalition
Joshua@nybc.net

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.



Announcing the 2005 Holiday Party



Due to the success of the 2005 Montauk Century and record number of new members, we are hosting our seasonal celebration at a new venue. As a departure from past years, this will be a catered event and the club will pick up a portion of the cost, so reservations are required.

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

DATE: Saturday, December 10, 2005. TIME: 7:00 p.m. - 11:00 pm

*RESERVATIONS: \$20 per person. \$25 per person after Dec. 3rd

BUFFET with Soda, Wine, Beer, Coffee, Dessert. Discounted price for mixed drinks

LIVE D.J. for your dancing pleasure. RAFFLE

*Reservations may be made via Active.com (see 5BBC.org for link) for a small handling fee or mail this form w/ check payable to Five Borough Bicycle Club, 891 Amsterdam Ave, Suite 002, NY, NY 10025. If you are of limited means, please contact the Programs Coordinator at programs@5bbc.org or call 212-932-2300 Ext 115 on Wednesday evenings, 7-9pm.

Name _____ # reservations _____ X \$20 = _____

Address _____ After 12/3/05:

_____ # reservations _____ X \$25 = _____

Phone # _____ * * * Children 12 or under Free * * *

Regional Roundup November– December 2005

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

The Rides

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

Friday, November 4th Moonlight Ride

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

Friday, November 11th Brooklyn Critical Mass

7PM, Brooklyn side of
Williamsburg Bridge
This is a night ride: Bring lights!

Saturday, November 12th Prospect Park Moonlight Ride

9PM, Grand Army Plaza
(Prospect Park)
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

Saturday, November 26th Riverside Ride

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

Friday, December 2nd Moonlight Ride

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

Friday, December 9th Brooklyn Critical Mass

7PM, Brooklyn side of
Williamsburg Bridge
This is a night ride: Bring lights!

Sunday, December 18th Lights in the Heights

4PM, City Hall
Organizer: Time's Up
Contact: www.times-up.org
This is a night ride: Bring lights!

A Cycling Tour of Rugged West Maui



A photo taken at the scenic lookout at Papawai Point (photo: Alfredo Garcia).

By Alfredo Garcia

Hawaii, our 50th state, is well known for its lovely beaches, the culture of “Aloha” and its Pacific shorelines. The typical recreational activities include swimming, surfing and hula dancing. However, the islands also have roads suitable for good cycling. I've brought my bike to the Aloha State twice, both times to Oahu and succeeded in one of two attempts to complete the Hawaiian Bicycle League's Oahu Perimeter ride. It was fun.

This year, I went to the island of Maui for the marriage of a young nephew, Glen, who wanted a New York relative present. Those who rode on my Lincoln Tunnel night ride a few years ago may remember Glen. As a Christian minister, he had come to New York City for pastoral training. With a rented bike, Glen rode with us and gave his blessing with a prayer for a safe trip at the 24-hour rest stop at an Edgewater shopping mall.

I wore a black tuxedo and served as a groomsman for Glen and his fiancée, Mary Ann. Most of my relatives were at the wedding (e.g. 100 people surnamed Garcia). After hours of reception feasting, chatting and giving them some help to dismantle the reception, I was able to start focusing on bike riding in the “Valley Isle” – even though I had less than a week before heading back to the Big Apple. To get ready, I did some impromptu solo training rides, with the hot sun and steep roads to climb.

By the time Sunday morning came around, I was good and ready for a 7am ride start. I was on my own, going into the 4th mile along into West Maui

mountains, with a cousin following me in his car; he had given me the essential Filipino biscuits (pan de sal) for snacks. The night before, several relatives had to persuade me to carry a cell phone.

The first twenty miles went through what the tourists consider “un-Hawaiian” places—chicken farms, goats, cattle, horse ranches and a haven for donkeys. There were fruit stands that weren't opened yet – it was still too early. During that day, I had to walk my bike once because a baby calf was following me on the road. His mother cow was getting worried, and I was just a little afraid it would charge me like a bull. I'm a cyclist, not Manolete the famed matador. Ole!

Near the mountains of West Maui, the roads are extremely hilly. I had to walk up them three times because of the steepness. It was mostly desolate. There were a few homes and businesses but the landscape with its gulches and rocky beaches won't allow too much development.

My cousin was concerned I didn't call within 3 hours. It must have been that there was no phone service on isolated Kahakuloa, an ancient town where most of the original Hawaiians in Maui lived. Now it's a small community, with a Christian Church and its uniquely shaped Kahakuloa hill.

When I got to the first sign of “civilization,” a resort town of Kapalua, I called and reassured the Garcia clan that I was okay. I was surprised to learn that the resort towns of Hawaii aren't entirely resorts, and I saw a good many residential homes. At Kapalua, I went to several of its beaches to collect vials of sand for a co-worker. Then I hit the road some more, and got to Lahaina by 1pm for lunch. While I went by the Chinese Museum, there wasn't enough time to go in but I did, of course, take pictures.

Since this was my first ride around West Maui, I was intimidated by the physical challenge at first. And, with its isolation, I had some fear that something bad might happen. But as the miles piled up, I felt confident. My legs were still strong and my breathing was fine.

My original plan was to ride 60 miles, but since things were going well, I decided to do an extra 10 miles to another resort town, Kihei. This region was towards the Haleakala volcano, and as I got there, I turned back.

The final 20 miles were annoyingly hilly, made worse by some very strong headwinds! The mountains of West Maui also seem to attract a lot of clouds. That turned out to be a blessing for me. Even with the headwinds, I was able to get a cool



At West Maui's 13-mile mark on Route 340, you have views of heaven (photo: Alfredo Garcia).

breeze and not too much contact with the sun. And hardly any sunburn.

It's worth noting that certain sides of West Maui's mountains have no green vegetation—rain just doesn't get there. I also picked up a bike lane that goes through a tunnel. Before you go through, you have to press a traffic button light. It didn't work, but I got through anyway.

I finished the ride by 5pm, returning to Wailuku. Instead of going on a downhill, I took a climb up a steep hill and went by a house of a favorite Aunt. A few day before I had made the mistake of telling her of my ride and she was worried. But no one was home when I arrived. Then I returned to my cousin's house.

The combination of hills and headwinds kept my average speed down to 10mph. Still, I had no problems, pedaled at my own pace and didn't bonk. I was proud to think that I took on a route frequently used by locals, but later I found out they ride the West Maui perimeter often to build strength, at least once a month. Arghh!

My late Dad, Ciriaco, once lived in Maui after he emigrated from the Philippines during the Great Depression. After World War II, he left for a life working on ocean liners & cargo ships around the world and eventually settled in New York City. Before leaving Maui, he gave his automobile, to his brother Florencio – Glen's Dad. The vehicle served my father well in excursions around Maui.



There's no shortage of two-wheelers in Lahaina (photo: Alfredo Garcia).

Like father, like son?

The Fuji Touring Series road bike I used has served me well for a decade. Yet before heading back to New York, I gave the trusty two-wheeler to the cousin who lodged me. Unlike my Dad, I hope to make more journeys to Hawaii, especially with a bicycle.

Regional Roundup November– December 2005 (Continued)

**Sunday, December 25th
(Christmas Day)**

Lights in the Heights

4PM, City Hall

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Saturday, December 31st (New Year's Eve)

Riverside Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Friday, January 6th

Moonlight Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Saturday, January 28th

Riverside Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Friday, February 3rd

Moonlight Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Saturday, February 25th

Riverside Ride

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

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

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

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

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

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

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

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

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

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

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

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

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

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

Name(s) (please print) _____

E-mail address(es) _____

Address _____ City _____

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

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

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

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

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

Waiver and Release of Claims: In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in club activities. I, the undersigned, discharge and release Hostelling International, American Youth Hostels, the Five Borough Bicycle Club, and all other sponsoring organizations, and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in Club Activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club may involve risks, including the risk of falling, collision with other bicyclists, motor vehicles, or stationary objects, and the conditions of the road. My participation is voluntary and done at my risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities. I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability to provide or continue to provide such services, and are not a waiver by any of the said parties of any right hereunder. I understand that serious accidents may occasionally occur during Club activities and that participants in such activities may sustain mortal or serious injury as a consequence of their participation. Nevertheless, I agree to assume these risks and to release and hold harmless all of the persons mentioned above who might otherwise be liable to me for damages. I attest that the equipment I will use in club activities is in good mechanical condition. **I understand that bicycle helmets can prevent some serious injuries and I agree to wear one while participating in Club-sponsored bicycle rides.** I agree to abide by the rules of the Club and to follow the directions of the leaders and marshals of Club activities. **I have read and understand everything written above and I voluntarily sign this agreement.**

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

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

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

Agreement by Parent or Guardian of a Minor: I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

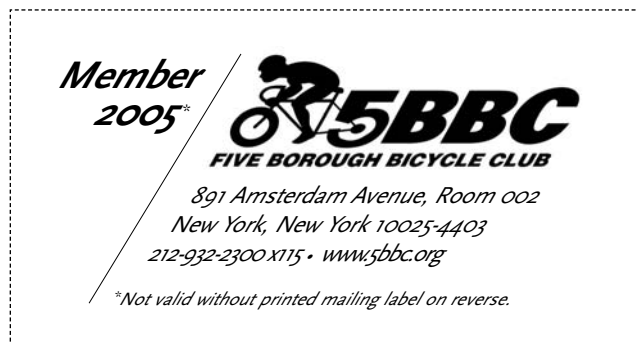
Parent's or guardian's name _____ signature _____ date _____

Membership Card

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

We're sure it will become your most important piece of identification.

Best of all, show it at any of the shops listed below for a discount on many items.



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

Queens

Bellite 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

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

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The Stone Boat Farm Bed & Breakfast is conveniently located on 40 acres just off Vermont Route 30/100, midway between Brattleboro and Manchester. It's ideal for road cycling/mountain biking trips. We have 4 guest rooms with private entrances/baths, all adjacent to a babbling brook, along with a BBQ grill, fire ring and sitting areas. We offer a 10% discount for 5BBC members, and we're members ourselves. Stop by and take a lemonade break if you are riding by!

802-297-9929,

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

Learn How To Ride A Bike.

Call for group or individual appointments.

Experienced instructor of 20 years. Call

Terry Chin at (718) 680-5227.

Bike Switzerland in Summer 2006

Come bike across Switzerland next summer! Our non-profit organization focuses on cultural exchange. We are running three 11-day trips for \$2,700 each; \$200 off for 5BBC members who make a deposit before January 1, 2006. The dates are:

August 3 – 10

August 17 – 27

August 31 – September 10

Want to learn more? We will be in Greenwich Village in December to promote our tour. Email us to find out dates and times. John Klemme. Email: John@BikeSwitzerland.com.

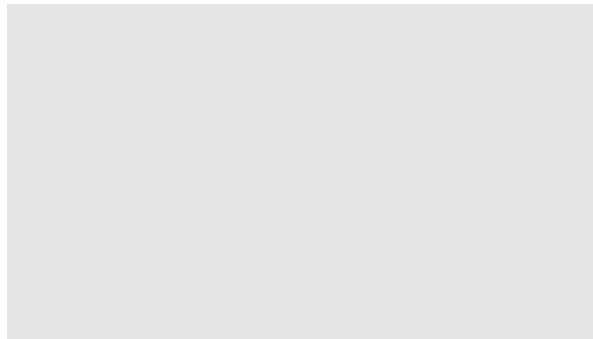
Website: www.BikeSwitzerland.com.



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

Address Service Requested

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



About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association encouraging people to enjoy the outdoors via bicycling. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the *Bicycletter* and the website www.5BBC.org for exact dates and locations. You can also contact the Programs Coordinator at Programs@5BBC.org. Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

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

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

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

The deadlines for submissions to the *Bicycletter* are the first day of the month prior to the issue. The deadline for submissions for the January-February 2006 issue is Friday, December 2, 2005.

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Bicycletter November-December 2005
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Newsletter Editor: Peter Engel
Graphic Designers: Jane O'Wyatt & Brian Hoberman

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

Did you know...

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

Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 and 9 in Room 002 at the New York International HI-AYH Hostel, 891 Amsterdam Avenue, New York, NY 10025-4403. To phone the Bike Club during those office hours, you may call (212) 932-2300 x115. At other times, you may hear information or leave a message using the following voicemail system:

New York HI-AYH Hostel
(212) 932-2300
Press 7 "Sports Clubs"
Then: Press 1 - Bike Club (5BBC)

After you press 1, for information you may:
Press 1 - Membership
Press 2 - Day Trips
Press 3 - Weekend Trips
Press 4 - Special Events
Press 5 - Bicycle Courses

(Note: Please listen to the prompts. You do not need to listen to the entire message to enter the next number.)

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

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