

January–February  
2006

Volume 16 · Issue 1

# B I C Y C L E € € R™

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



## Inside:

**5BBC Officers for 2006**  
Page 2

**Winter Day Trips**  
Pages 5-7

**Tappan Zee Bridge  
Bikeway Proposed**  
Page 9

Little is never enough. Why not photograph that memorable bike ride with your film or digital camera? Leader Delores McKeough is seen here sweeping last November's "Bridges of New York" trip, on the Bayonne Bridge into Staten Island. Contribute a picture to the *Bicycletter*; ideal specifications: 8 inches wide by 300 pixels/inch. Maybe you'll get that start like Ansel Adams, Gordon Parks or Margaret Bourke-White did. (Photo: James Zisfein).

## January 2006 General Meeting

**Transportation Issues in New York City:  
Past, Present and Future**

Wednesday, January 18, 6:30-9:00PM

Location: Cooper Union, Wollman Auditorium, 51 Astor Place, Manhattan (#6 subway to Astor Place).

Carl Selinger, Professor of Civil & Transportation Engineering and a fellow cyclist will be our guest speaker. He will discuss transportation systems, like ferries, trains and in light of last year's labor strike, buses and subways. In turn, we will be asked to comment and contribute ideas. Prof. Selinger has spent over 30 years in academia, teaching urban & aviation planning as well as alternative transportation. A consultant to various public & private organizations such as the Port Authority, he also wrote the classic book "Stuff You Don't Learn in Engineering School." Visit [www.carleselinger.com](http://www.carleselinger.com) and be prepared to spend an interesting evening.

Bicycling is for the (forever) young. President DeFreitas gives 88-year-old cyclist Louis Berardinucci the first ever 5BBC life membership. Louis also has a lifetime NYCC membership. (Photo: Danny Lieberman).

## February 2006 General Meeting

**Legal 101 for Cyclists**

Tuesday, February 21, 6:30-8:00PM

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

Our guest speaker will be Manhattan attorney Adam D. White, who practices personal injury litigation. Adam is well known to the NYC cycling community for representing injured cyclists. He will discuss traffic laws that affect cyclists, required equipment for your bike and what to do if you are involved in an accident. Know your rights. A lifelong cyclist, Adam had bikes both stolen and "totaled," so he can relate to our trials and tribulations (especially trials!) Adam can be contacted at his office, 305 Broadway, Suite 200, New York, NY 10007, 212-577-9710, or e-mail at [adamwlaw@adamwlaw.com](mailto:adamwlaw@adamwlaw.com).

## 5BBC Executive Board

Ed DeFreitas, *President:*  
[president@5BBC.org](mailto:president@5BBC.org)

Liz Baum, *Vice President:*  
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Mark Trainor, *Treasurer:*  
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Jim Zisfein  
[webmaster@5BBC.org](mailto:webmaster@5BBC.org)

*Members at Large:* John Chiarella,  
Phil Goldberg, Ted Kushner,  
Ed Ravin.

## 5BBC Membership Votes for 2006 Officers

On Monday, November 21, at the Five Borough Bicycle Club's general meeting, the election results for the 2006 Board were announced. Andrea Mercado oversaw accounting of 123 submitted ballots for 13 available seats.

This year, the President's Office was contested between incumbent Ed DeFreitas and outgoing Vice President Sharon Behnke. Mr. DeFreitas won a second term.

The 2006 Board formally took office on Monday, December 5, 2005:

Ed DeFreitas, President

Liz Baum, Vice President

Mark Trainor, Treasurer

Jesse Brown and Ira Najowitz, Recording Secretary

Andrea Mercado, Corresponding Secretary

Danny Lieberman, Day Trips Coordinator

Steve Sakson, Weekend Trips Coordinator

Alfredo Garcia, Newsletter Editor

Brian Hoberman, Communications Coordinator

Ed Pino, Special Events Coordinator

Manny Sanudo and Stephen Jackel, Leadership Coordinator

Barry Hartglass, Program Coordinator

Beth Katz, Bicycle Repair Course Coordinator

### ☺ 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.

# Message from the President



Ed DeFreitas addressing trippers on his Frostbite ride (photo: cyclistxiii).

Going into my second term as President of the Five Borough Bicycle Club, I'm truly amazed at what we accomplished together last year. 2005 standouts include:

1. A large and noticeable increase in 5BBC membership.
2. Our most successful 5BBC Montauk Century ever.
3. A new online 5BBC Bulletin Board providing timely and direct communication.
4. Twelve monthly 5BBC general meetings that included: an editor from *Bicycling Magazine*, a coordinator for the New York City Greenway program, Bronx Borough President Adolfo Carrion as well as many other great discussions, on a variety of cycling venues.
5. The History Project, tracing our pre-5BBC roots before 1991 and the great people who made it all happen.
6. Our holiday party produced with 5BBC Montauk Century proceeds.
7. Continuation of our 5BBC cycle: the Frostbite Series; our humbly ambitious training rides for the Montauk Century and Metric Century; relaxing Bicycle Beach Bums excursions to the Rockaways and unique Perimeter rides to each of our five boroughs of the Big Apple. And we have other nice things as well.
8. Year after year, we have consistently stepped up as ride marshals and volunteers to help with the 5BBC Montauk Century, Bike New York, Harlem Valley Rail Trail, Twin Lights and several Multiple Sclerosis benefit rides. Because we care that people should have fun AND ride safe on bike events.

9. Eight new leaders who completed our 5BBC Leadership Course.

10. In conjunction with various organizations, we joined the Bicycle Coalition and took a pro-active role to address important cycling issues with city government. And we keep you informed on updates via the 5BBC Communications Network—weekly email updates, our website and the Bicycletter.

Now, welcome to 2006. I hope that what we did last year inspires you to get more involved with your club. There's a lot you can do. Go on a ride. Take a bike repair class. Take our leadership training course. If you're already a leader, please lead more rides or get back into it. Really, we miss you. Volunteer as Bike New York marshal. Volunteer as a Montauk Century marshal. Consider one of our weekend trips to Cape Cod, Penn Dutch, or a tie-in bike event to Maryland's Sea Gull Century or Vermont's Mad River Century and much more. Come to our meetings and engage yourself with other members like you. See the world by bicycle and tell us about it. Write a newsletter article. As you can see, there is plenty to do and we can sure use your help.

If you have any ideas that you would like to see this club do, or get involved with yourself, please feel free to contact me. So, have fun, ride safe and have a great biking year.

I'll see you down the road.

Ed DeFreitas, 2006 President  
Five Borough Bicycle Club  
[President@5BBC.org](mailto:President@5BBC.org)

## 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/mnrbikpermit.htm](http://www.mnr.org/mnr/html/mnrbikpermit.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:

[www.njtransit.com/cs\\_ride\\_bike.shtml](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:

[www.panynj.gov/path/pathrules.htm](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



Danny Lieberman, resplendent in cycle clothing (photo: Ilan/Bach).

The old year passes and the new year arrives, and still this club offers a ton of rides for you to take advantage of when you could be warm and cozy indoors. It takes a special kind of bicycle madness to ride when it's cold outside. If you are one of our members who waits until Spring to get back on the saddle, so be it. But if you are possessed enough to put on cold weather gear because you just can't bear to not be on your bike, we'd like to welcome you to our crazy cold riding world and check out our mid-winter rides!

We've got a great selection this winter. Now, please bear in mind that in the event of truly nasty weather rides will have to be cancelled. Some rides include specific cancellation conditions that tell you how far the ride leaders are willing to go. Please check those conditions before heading out. But also please

check the latest weather forecasts as well as the club's bulletin board for the latest update.

Dress in layers and bring the right gear. It is absolutely essential that you dress appropriate to the season and a change in wind patterns can ruin your whole day or weekend. I always say it's better to be overdressed than underdressed. If you have not already done so, pick up some thick gloves, booties and a balaclava to protect your extremities and face. Most winter trips will require a lock because we need to stop and eat indoors. Cable locks or medium security chains will do fine for group rides, since we tend to lock our bikes together. Please bring an extra tube or two for yourself as well as a pump, patch kit, and the other tools you would normally take with you.

Remember that if your bike is in need of an inter-season tune up or overhaul, January is the absolute best time to take it in for service. Your local shop is never very busy in the off-season and the new models are probably already on display.

This time, you'll see some new rides as well as some older returning favorites. That's because several of our new leader graduates have been actively devising new rides! Check them out and give them feedback on the new rides. I want to encourage all leaders, new and seasoned, to get rides onto the calendar, but I'm very grateful to the class of 2005 for jumping in!

The start of the training season begins at the very end of this listing (early March). This year we will offer the traditional training ride series but there will be some changes and a few surprises. Look for the details in March-April. See you out there!

Danny Lieberman, 2006 Day Trips Coordinator  
[Daytrips@5BBC.org](mailto:Daytrips@5BBC.org)

## Musings of A Bicycletter Man

As this year's "Point," I humbly follow previous Editors who stepped up and continuously produced a fine publication for you, the 5BBC membership. Besides basic information, like rides & weekend trips, I strive to put basic catchy material. Let us thank Peter Engel for doing a great job from 2004-2005. In the meantime, get your tires pumped, brakes adjusted, gloves & helmet on and ride forward to 2006.

Alfredo Garcia  
Editor  
*Bicycletter*



# Day Trips: January–February 2006

**Sunday, January 1st**

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

10AM, Plaza Hotel, 25 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American 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](http://www.nybg.org) for internet info. Bring a digital camera, lock, \$ for lunch and \$13 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 harbor views, neighborhood gardens and magnificent deserted warehouses. Bring a lock, \$ for lunch and a smile. Easy paced and flat terrain. Leaders: Danny Lieberman and Mark Trainor.

**Sunday, January 8th**

## TEMPERATURE REGULATORS (Quick Spin)

10AM, Pelham Parkway & White Plains Road (SW corner), 40+ miles

To Byram, Conn, via Rye, NY. Quick Spin pace means group expects to ride at 15mph, minimum with the love of cycling to keep you warm. Come join your friends to discover new and special places. No point, drop or sweep. Cue sheets and a good night for all. Dress appropriately and bring lock. There will be an indoor lunch stop. Starting point is at the #2 train to Pelham Parkway (and White Plains Road). Leaders: Jesse Brown and friends.

## ☺ FROSTBITE RIDE # 6: RIDE TO GARIBALDI & ALICE AUSTEN

9:45AM, City Hall, 20 miles

10:15, South Ferry or 11AM, St George

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](http://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.

**Saturday, January 14th**

## ☺ 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 \$10-15 for a real lunch and bring a lock. The restaurant is bike friendly, and has a good attitude. Leaders: Ed Pino and Liz Baum.

**Sunday, January 15th**

## TEMPERATURE REGULATORS (Quick Spin)

See Sunday, January 8th.

## ☺ FROSTBITE RIDE # 7: UNCLE GEORGE'S

10AM, City Hall, 20 miles

Oceanography, what? Ride into the borough that brought the likes of Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto. Feast on Greek Cuisine. Who knows, we might even run into Queen's own Steve "Wildman" Brill (see <http://www.bigfoot.com/~wildmansteve>) and eat something else. Possible excursions to Museum of the Moving Image, Socrates Sculpture Park, and other waterfront delights. Bring a lock, \$ for lunch, and a disposable camera. Leaders: Ed DeFreitas and others.

**Saturday, January 21st**

## CANTIAGUE CRUISE

9:30AM, Cunningham Park, 35 miles

The depths of winter are a perfect time to bike through central Nassau County to Cantiague Park in Hicksville, and then to a warm destination - a diner! After fortifying ourselves we'll return to the colder climes of Queens. Moderate pace, mostly flat terrain. Bring a lock and \$ for lunch. NOTE: Temperature below 32 degrees one hour before the start or any ice or snow on the road, cancels. Leaders: Ira Najowitz and Bob Castro.

## ☺ EVOLUTION OF SOUND RIDE

10AM, City Hall, 20 miles

Music boxes, gramophones, steel records, clay cylinders, a nickelodeon, and they all work! Where? At the Enrico Caruso museum of America in Brooklyn. Aldo (who promises to be there this time) does a demonstration of sound devices from the 1850s to the early 1900's that will make you wish you can on your high-wheeler. We'll also get a down home introduction to Enrico Caruso. Then, it's off to a local ethnic restaurant. Bring \$8 museum admission, lock, and \$ for lunch. Leisurely paced. Snow, rain, or ice at start cancels. Leaders: Richard Sanford and Susan Rodetis.

**Sunday, January 22nd**

## TEMPERATURE REGULATORS (Quick Spin)

See Sunday, January 8th.

## 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.

*Continued on page 6*

## 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](http://www.siferry.com) and [www.transalt.org/info/abroad.html](http://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, January 22nd

#### ☺ FROSTBITE RIDE # 8: UNDER AND OVER THE HUDSON

10AM, City Hall, 20 miles

We go to the World Trade Center PATH and take it to Hoboken. From there we go straight north along the Hudson to the George Washington Bridge and across to Manhattan. We pass Seinfeld's old haunt in favor of Italian, Indian, or Eastern European cuisine. After refueling we follow the Hudson back to City Hall. Leaders: Ed DeFreitas and others.

### Saturday, January 28th

#### ☺ QUEENS QUICK SPIN

9AM, Kew Gardens, 25 miles

Dress warmly in layers and use thermal gloves and ear coverings for the day. We'll stick to a Queens Ride and an indoor lunch (bikes are welcome!) in Forest Hills. A pace of 15+mph will chase away the cold. NOTE: snow, ice on the ground, or temperatures below 20 degrees will cancel. Leaders: Dennis Griffin and others.

#### ☺ THROWING POTS RIDE

9:30AM, Plaza Hotel, 20 miles

Does life have you spinning your wheels and throwing pots? Madam Claire's been doing both successfully for years. We'll visit her Brooklyn studio and learn how professional potters throw pots and turn clay into functional and beautiful porcelain. Then, it's off to a local ethnic restaurant where you can get a crock of whatever your heart desires. Bring a lock and \$10-15 lunch money. Leisurely paced. Snow, rain, or ice at start cancels. Leaders: Richard Sanford and Jim Mallard.

### Sunday, January 29th

#### ☺ TEMPERATURE REGULATORS (Quick Spin)

See Sunday, January 8th.

#### ☺ FROSTBITE RIDE # 9: SHEEPSHEAD BAY AND BEYOND

10AM, City Hall, 20 miles

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway Greenway, a path frequented on Bicycle Beach Bum rides, with a glimpse of the Atlantic Ocean. You can look but you better not bike over the pedestrian bridge in the area. See [www.transalt.org/bridges/sheep.html](http://www.transalt.org/bridges/sheep.html) to know why. Bring a lock, \$ for lunch, and a digital camera. Leaders: Ed DeFreitas and others.

### Saturday, February 4th

#### ☺ 4TH ANNUAL HOT CHOCOLATE RIDE

10AM, City Hall, 25 miles

This is the hottest ride of the winter and it's really cold outside! Seriously, I've been researching where to

get the tastiest hot chocolate beverages in town and this ride is the result. Join us in the quest for these fine concoctions around Manhattan. Please bring a camera, lock and \$\$\$ for all the sweet goodies along the way. Leaders: Danny Lieberman and Beth Katz.

### Sunday, February 5th

#### ☺ FROSTBITE RIDE # 10: RIDE TO GARIBALDI & ALICE AUSTEN

See Sunday, January 8th.

### Saturday, February 11th

#### ☺ MERCHANT MARINE CONVOY

10AM, Cunningham Park, 35 moderately hilly miles

Warm up those dormant cycling muscles on a leisurely ride to the US Merchant Marine Academy (<http://www.usmma.edu>) overlooking Long Island Sound. We'll bike through some scenic residential areas, enjoy an indoor lunch in Great Neck, and then proceed to the academy. On the way back there will be nice views of Little Neck Bay from Douglaston Manor and the Joe Michaels' Mile Bike Path. Bring a lock and \$ for lunch. NOTE: temperature below 32 degrees one hour before the start or ANY ice or snow on the road cancels. Leaders: Ira Najowitz and John Chiarella

#### ☺ STATE LINE LOOKOUT

10AM, George Washington Bridge Bus Terminal (Ft Washington Ave & West 178th St), 25 miles

State Line Lookout Inn (<http://njpalisades.org/overlooks.htm#state>) is a miniature Ski Chalet built in 1937 by the WPA. Situated on the NJ/NY state line at the highest point on the Palisades cliffs (532 ft) it offers magnificent views across the Hudson and is a perfect place to enjoy lunch and a hot drink on a winter's day. Options include hiking on trails around the inn (weather permitting) and a return ride on scenic but hilly "River Road." Bring a bike lock and \$ for lunch. Moderate Pace (12-15mph). Leaders: Jim Zisfein and others.

### Sunday, February 12th

#### ☺ QUEENS QUICK SPIN

See Sunday, January 28th.

#### ☺ FROSTBITE RIDE # 11: CONEY ISLAND DREAMING ON SUCH A WINTER'S DAY

10AM, City Hall, 20 miles

To the borough of churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Tototonno's, renowned for their prized pizza. Check out [http://id.essortment.com/historyofpizza\\_rgmf.htm](http://id.essortment.com/historyofpizza_rgmf.htm) for interesting and mouth-watering facts about our this favorite big apple food. For instance, pizza was first developed by the ancient Greeks and we now consume nearly 4 acres of it a day. Get that mozzarella! Bring a lock, \$ for pizza, and a film camera. Leaders: Ed DeFreitas and others.



**Saturday, February 18th**

☺ **AROUND THE WORLD TO FILLMORE'S**

See Saturday, January 14th.

**Sunday, February 19th**

☺ **FROSTBITE RIDE # 12:  
QUADRUPLE BYPASS**

10AM, City Hall, 20 miles

If you wanted to do some hills today but not leave the East River. Of course, first cross the Brooklyn Bridge, then the Manhattan Bridge. We go through the Lower East Side, but no stops at Katz's Deli. Then cross the Williamsburg Bridge (those hideous bumps are gone!) and then north along Bedford. Stay away from the restaurants, we'll eat later. Hop over Newtown Creek and maybe a museum stop in LIC or maybe an island hop. Now that you've rested the Queensborough looms on the horizon, so up we go. We'll follow the East River south again back to that bike friendly pizzeria. Yeah, but I'm not buying! Leaders: Ed DeFreitas and others.

**Monday, February 20th (President's Day)**

☺ **FREEZER JAM # 3: MIDDLE VILLAGE**

10AM, Bridgemarket, 25 miles

One last Freezer Jam! We'll take a turn with a more pastoral ride through Queens neighborhoods. We'll see some of the post-industrial sections such as Maspeth and Ridgewood and more pleasant riding in Middle Village and Glendale. Lunch at a Chinese establishment in Flushing. Bring a lock, \$ for lunch, and a smile. Leaders: Danny Lieberman and Mark Trainor.

**Saturday, February 25th**

**MONTAUK CENTURY TRAINING  
RIDE # 0: WAVE HILL**

10AM, Columbus Circle, 25 miles

Start the new training season off right! This training series "prologue" is optional but sure to please. The ride to Riverdale is a relatively easy one because the hills are few and the bike paths are beckoning. We will see a couple of hills since it's Riverdale, and we will pass by Wave Hill Park. Planned lunch stop is at the Riverdale Diner. Please remember to bring a lock, water bottles, spare tube and pump, and always dress right for the weather. If you enjoy this ride you can look forward to the rest of the club's spring series that will end up with the 90 mile ride to Eaton's Neck in mid-May. The usual wet and nasty weather conditions will cancel, as well as temperatures below 30 at start time or heavy winds. Check the 5bbc message board for last minute updates if the forecast is in doubt. Ride leaders will be announced in the March-April issue of the *Bicycletter*.

**Sunday, February 26th**

☺ **FROSTBITE RIDE # 13:  
WORLD'S GREATEST PANCAKES**

9:45AM, City Hall, 30 miles

10:15, South Ferry or 11AM, St George

Once again we close our frosty wintry series with an encore trip to the Broadway Diner in Bayonne, the legendary home of the "World's Greatest Pancakes." Magnificent views of the harbor from the Bayonne Bridge and Liberty State Park frame this trip around the harbor. We go further to Liberty State Park where Ed will give a tribute to the Liberation monument. Transportation details can be found at [siferry.com](http://siferry.com), [nywaterway.com](http://nywaterway.com) and Liberty Park info is at [libertystatepark.com](http://libertystatepark.com). Final return to Manhattan via PATH train or Waterway ferryboat. Dress warmly, bring a lock, \$ for the pancakes and your choice of camera. Leaders: Ed DeFreitas and others.

**Friday, March 3rd**

☺ **WAKE UP AND SMELL THE COFFEE RIDE**

9:45AM, City Hall, 15 miles

Yes, Juan Valdez, that heavenly morning aroma over Brooklyn really does come from a coffee roasting plant. We'll hop on our Iron Donkeys for a Friday factory tour of the Longo Coffee and Tea Company. Even if you don't know a hill of beans about coffee (or tea) this ride will be a real eye opener. Bring a lock and \$10-15 for a lunch at a local ethnic restaurant. Leisurely paced. If weather is bad we take the train! Leaders: Richard Sanford and Lee Ann Van Wyck.

**Saturday, March 4th**

**MONTAUK CENTURY TRAINING  
RIDE # 1: SANDS POINT**

9:30AM, Cunningham Park, 35 miles

It's time to get your bike out of storage and get on the road. But it's cold outside. Well, how else are you going to get in shape for the season? The club's Montauk Century is closer than it would appear. Begin the season with our progressive training rides. The Queens set of rides starts with Sands Point, leaving Cunningham Park. It's a relatively easy trip but will head out at a steady pace. Expect some rolling hills. Remember to bring water, a lock, and a camera. Dress appropriate to the weather. Leaders to be announced in the March-April *Bicycletter*.

**Sunday, March 5th**

**MONTAUK CENTURY TRAINING  
RIDE # 2: ENGLEWOOD**

9:30AM, Columbus Circle, 35 miles

Have you been waiting all winter for this ride? Return to the Royal Cliffs diner with some invigorating hill climbing on the other side of the Hudson. The Montauk Training Series will help you get in shape. OK, so it's cold outside. But you've got those warmer layers for these early rides. Terrain: hilly. Water bottles? Check. Cable lock? Check. Patch kit and spare tube? Check. Pump or CO2 cartridges? Check. Pocket food and \$ for lunch at the diner? Check. These are some of the things you should be bringing on this and future training rides through May. The more you take part in the training rides, the easier they get. Leaders to be announced in March-April.



Everyone anticipates The World's Best Pancakes at the Broadway Diner (photo: Glen Nison).

## 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 January– February 2006

To submit rides to add to the listing, please email [daytrips@5BBC.org](mailto: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 (2006 schedule to come) are organized by Trudy Hutter, who is a 5BBC leader.

#### Friday, January 6th

##### Moonlight Ride

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

#### Sunday, January 8th

##### Memorial Ride for Cyclists

(Rain date Jan 15th):

##### Multiple Start Ride to

memorialize cyclists who've died in NYC traffic in 2005

Organizers:

Time's Up and Freewheels  
Information: [www.times-up.org](http://www.times-up.org)  
(Further details unavailable at press time, please visit the website for multiple starting locations and times)

#### Friday, January 13th

##### Brooklyn Critical Mass

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

#### Saturday, January 28th

##### Riverside Ride

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

#### Friday, February 10th

##### Brooklyn Critical Mass

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

#### Saturday, February 25th

##### Riverside Ride

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

# About Weekend Trips

## Looking for an affordable vacation getaway?

Beat the heat this summer (or chill out this autumn) with a 5BBC weekend trip!

If you've never taken a weekend trip with us before, we encourage you to join us. Not only is the cycling fun, but you can also meet some great people! And, if you've been on our trips before, perhaps this year you'll visit an exciting new destination.

When the list of 2006 Weekend Trips is complete, they will be listed here in the Bicycleletter and at the 5BBC website [www.5bbc.org/weekend.shtml](http://www.5bbc.org/weekend.shtml). Up-to-date trip information is also available on our Weekend Trips Info-line, at (212) 932-2300 x138.

## Here are a few things you need to know:

**Members Only.** You must be a member of the 5BBC to take a weekend trip. This is because insurance would add significantly to the cost of running the trips if non-members participated. Membership in the 5BBC is only \$20, and you get lots of benefits (like a subscription to our bi-monthly newsletter, discounts in area bike shops, on our Montauk Century ride and our Leadership and bicycle courses, and the camaraderie of The City's Friendliest Bike Club) so there's no reason not to become a member!

**What's Included.** The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also bring your own well-tuned bicycle and bike helmet, which must be worn on all rides.

**How We Ride.** Weekend trips are lead by trained and experienced but unpaid volunteer club leaders. Except on days when the group joins an organized bike ride like a Century, 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. Trips have been categorized by distance, pace and terrain, as follows:

**A Rides** - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain

**B Rides** - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills

**C Rides** - easy, 20 to 35 miles per day, easy pace, and flat terrain

**How to sign up.** Please print out and complete the sign-up/waiver form on our website [www.5BBC.org](http://www.5BBC.org) or in the *Bicycleletter*, and send it in to 5BBC with your deposit. It is suggested you sign-up as early as possible, since registration is limited. A deposit of \$150 (*plus \$20 for membership, if not a 5BBC member*) is required for each trip when you register. We cannot "hold" a space for you if you sign-up without paying the correct deposit for each trip. You can pay the balance of the trip price in person at the time of departure. Online registration will soon be available. Only checks and money orders will be accepted for weekend trip payment(s) by mail. Cash will only be accepted in person.

**Questions?** To get more details about transportation, accommodations, rain, refunds, and the sellout policy for 5BBC Weekend Trips, we have a complete list of Frequently Asked Questions (FAQs) at our website, [www.5bbc.org/aboutweekend.shtml](http://www.5bbc.org/aboutweekend.shtml). Also, please call our office during club hours on Wednesday nights from 7-9pm at 212-932-2300, x115. If you get a recording during that time, that means we're taking a call from another member, so please try calling again in a few minutes.

**Thanks for your interest in our weekend trips!**  
We hope to see you on one of them soon.

Steve Sakson  
Weekend Trips Coordinator, 2006  
[weekends@5bbc.org](mailto:weekends@5bbc.org)

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## 5BBC Adds 3 New Leaders

In addition to our 2005 leaders who completed the Leadership Training Course in June, three ambitious 5BBCers took the plunge this past October. We are happy to welcome these brave souls: Cesar Vazquez (South Ozone Park), Jim Wall and Steve Weiner (both Manhattan).

Three cheers for our three new leaders! Will you join them in 2006?

Manny Sanudo and Stephen Jackel  
2006 Leadership Coordinators  
[Leadership@5BBC.org](mailto:Leadership@5BBC.org)



# NYBC Update: Tappan Zee Bridge Bikeway Proposed

On December 12th and 13th the Thruway Authority, New York State Department of Transportation, and the Metropolitan Transit Authority held public meetings to discuss the designs for a replacement for the 50-year-old Tappan Zee Bridge.

There is no bicycle or pedestrian crossing at this location or for the entire 33 miles of the lower Hudson Valley. At the meeting, NYBC advocated adding a crossing as a high priority project.

The project sponsors agreed at the meeting that all new bridge options that will be considered will include a bikeway/walkway facility. The crossing will be connected to the trails and bikeways located on the Westchester and Rockland County shorelines of the Hudson.

It may not be possible to add the walkway/bikeway with an option that only attempts to repair the existing bridge. However, because repairs may not be able to satisfy many other requirements, most

options being considered involve a new bridge with the bikeway.

During the next two years, studies will determine the proposed option for the bridge.

NYBC expects to participate in the aspects that involve the bicycle / pedestrian crossing.

Also, on October 6th, the Automobile Club of New York presented the NYBC with the Outstanding Achievement Award in Traffic Safety in recognition of their efforts to educate motorists on safely sharing the road with bicyclists and pedestrians.

For more information on the award or the Share the Road program contact NYBC at 518-436-0889.

Joshua Poppel, Executive Director  
New York Bicycling Coalition  
[jpoppel@hotmail.com](mailto:jpoppel@hotmail.com)

*Mr. Poppel will be March's guest speaker at the 5BBC general meeting. Visit [www.5bbc.org](http://www.5bbc.org) for details.*

## 5BBC Holiday Party

This year, the multi-level bar/restaurant 17 Murray served as the fun venue, complete with buffet, bar and a set-up befitting The City's Friendliest Bike Club.

Clockwise, starting below: 2005 5BBC Golden Spoke is awarded to Ed Pino, who gives his thanks, starting with his wife Liz. The Kushner girls prepare to pick another raffle winner. Are friends electric? Sharon Behnke, Alex Maurice, Amy Behnke and Cheryl Jones. Photos by Danny Lieberman.



## Regional Roundup (Concluded)

**Friday, March 3rd**

**Moonlight Ride**

10PM, Columbus Circle

Organizer: Time's Up!

Contact: [www.times-up.org](http://www.times-up.org)

This is a night ride: Bring lights!

**Friday, March 10th**

**Brooklyn Critical Mass**

7PM, Brooklyn Side of

Williamsburg Bridge

This is a night ride: Bring lights!

**Saturday, March 25th**

**Riverside Ride**

10PM, Columbus Circle

Organizer: Time's Up!

Contact: [www.times-up.org](http://www.times-up.org)

This is a night ride: Bring lights!

**Friday, April 7th**

**Moonlight Ride**

10PM, Columbus Circle

Organizer: Time's Up

Contact: [www.times-up.org](http://www.times-up.org)

This is a night ride: Bring lights!

**Friday, April 14th**

**Brooklyn Critical Mass**

7PM, Brooklyn side of

Williamsburg Bridge

This is a night ride: Bring lights!

**Saturday, April 29th**

**Riverside Ride**

10PM, Columbus Circle

Organizer: Time's Up!

Contact: [www.times-up.org](http://www.times-up.org)

This is a night ride: Bring lights!

**Friday, May 5th**

**Moonlight Ride**

10PM, Columbus Circle

Organizer: Time's Up

Contact: [www.times-up.org](http://www.times-up.org)

This is a night ride: Bring lights!

**Sunday May 7th**

**Bike New York**

8AM, Battery Park

Information/Contact:

[www.bikenyork.org](http://www.bikenyork.org)

**Sunday May 21st**

**Montauk Century**

5AM, Penn Station

Organizer: Five Borough

Bicycle Club

Information:

[www.5BBC.org/montauk](http://www.5BBC.org/montauk)

**Friday June 9th - Sunday June 11th**

**Get Your Guts In Gear**

Information/Contact:

[www.ibdride.org](http://www.ibdride.org)

# 5BBC FIVE BOROUGH BICYCLE CLUB

## Membership, Trips, Classes & Store

### General Information (Please print)

First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evg. Phone \_\_\_\_\_

2nd member's name if dual membership (two members at same address) or if 2nd tripper on weekend trip. \_\_\_\_\_

First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name \_\_\_\_\_

Email Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evg. Phone \_\_\_\_\_

### Supplementary Information Required for 5BBC Membership

Next, a few questions on your personal preferences. The 5BBC does lots of things for you, but there are some things you may not want us to do. Please put a check mark next to the things you don't want us to do. (Applies to both members if dual membership)

- \_\_\_\_\_ Do not list snail mail address in the 5BBC roster.
- \_\_\_\_\_ Do not list email address in the 5BBC roster.
- \_\_\_\_\_ Do not list phone numbers in the 5BBC roster.
- \_\_\_\_\_ Do not share name, address, etc. with other bike clubs or cycling organizations.
- \_\_\_\_\_ Do not send weekly email on current 5BBC rides and events.
- \_\_\_\_\_ Do not send newsletter by snail mail. I'll download it faster from the Member's Only page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

### Waiver and Release of Claims Required for 5BBC Membership

In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club (the 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 discharge and release the Club and all other sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, 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 involve risks, and 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. I understand that serious accidents may occur during Club activities and participants may sustain mortal or serious injury. Nevertheless, I agree to assume these risks and to release and hold harmless all of the parties mentioned above.

I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I attest that the equipment I will use in Club activities is in good mechanical condition. I agree to wear an ANSI or Snell approved helmet while participating in Club-sponsored bicycle rides. I have read and understand everything written above and I voluntarily sign this agreement.

Signature, 1st Member \_\_\_\_\_ Date \_\_\_\_\_  
Check here if under age 18

Signature, 2nd Member \_\_\_\_\_ Date \_\_\_\_\_  
Check here if under age 18

If a member 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 (Please print) \_\_\_\_\_

Parent's or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

### Payment

**5BBC Membership**  
Individual \$20, Dual \$25 \_\_\_\_\_  
(Dual Membership: two persons at same address)

### Weekend Trip Name

Indicate number of trippers (2 max) & trip price  
Trippers @ \$ \_\_\_\_\_ each = \$ \_\_\_\_\_ Total  
Amount Paid (\$150 deposit per tripper minimum) \_\_\_\_\_ \$ \_\_\_\_\_

### Weekend Trip Name

Indicate number of trippers (2 max) & trip price  
Trippers @ \$ \_\_\_\_\_ each = \$ \_\_\_\_\_ Total  
Amount Paid (\$150 deposit per tripper minimum) \_\_\_\_\_ \$ \_\_\_\_\_

### Bike Repair Class

Date of class \_\_\_\_\_  
Members \$25, Nonmembers \$30 each \_\_\_\_\_ \$ \_\_\_\_\_

### Lady Liberty Jersey

Available Sizes - Indicate quantity and size.  
Men (Circle One) S M L XL XXL \_\_\_\_\_  
Ladies (Circle One) S M L XL \_\_\_\_\_  
Members \$60, Nonmembers \$75 each \_\_\_\_\_ \$ \_\_\_\_\_

### Greek Diner Coffee Cup Jersey - CLOSEOUT SALE

Available Sizes - Indicate quantity and size.  
Men (Circle One) S M L XL XXL \_\_\_\_\_  
Ladies (Circle One) S M L XL \_\_\_\_\_  
Members \$45, Nonmembers \$50 each \_\_\_\_\_ \$ \_\_\_\_\_

### 5BBC Patches

@ (Members \$4, Nonmembers \$6 each) \_\_\_\_\_ \$ \_\_\_\_\_

### Total Payment

Includes mailing costs. \_\_\_\_\_ \$ \_\_\_\_\_  
Make check or money order payable to 5BBC and mail to:

Five Borough Bicycle Club  
891 Amsterdam Avenue  
New York, NY 10025

LAST CHANCE !!!  
 Get your Coffee Cup Jersey while they last!  
 OUR STOCK WILL NOT BE REPLENISHED.

# 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 Sheephead 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](http://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

## Licensed Massage Therapy by Seth Asher

Swedish, deep tissue, pre-natal and medical massage

"A truly gifted massage therapist"  
—Carol Wood, Manhattan

Experienced, knowledgeable and dedicated.

Charming and tranquil studio, Brooklyn Heights location

718.802.1972

[sethasher@mindspring.com](mailto:sethasher@mindspring.com)

## Affordable B&B in Green Mtns, Southern Vermont – Bicycling Heaven.

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, [www.stoneboatfarm.org](http://www.stoneboatfarm.org)

## 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? John Klemme.

Email: [John@BikeSwitzerland.com](mailto:John@BikeSwitzerland.com).

Website: [www.BikeSwitzerland.com](http://www.BikeSwitzerland.com).

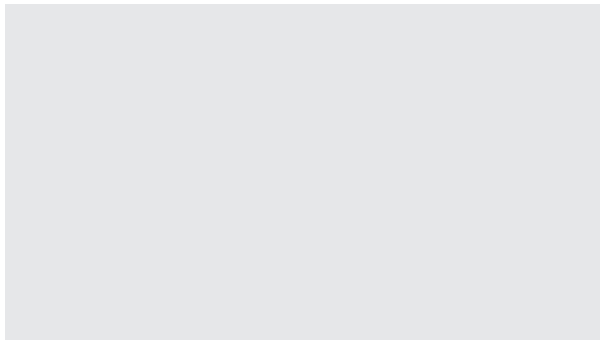




c/o Bike New York  
891 Amsterdam Avenue, Room 002  
New York, NY 10025-4403

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](http://www.5BBC.org) for exact dates and locations. You can also contact the Programs Coordinator at [Programs@5BBC.org](mailto: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](mailto: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 March-April February 2006 issue is Friday, February 3, 2006.

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### Renew your 5BBC Membership

Renew now and it's good through December 2006. You can even do it online:  
[www.5bbc.org/join5bbc.shtml](http://www.5bbc.org/join5bbc.shtml).

## Contacting Us

The 5BBC has office hours on Wednesday evening between 7 and 9 pm at Room 002 of the Hostelling International New York building, 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:

Hostelling International New York  
**(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](mailto:Info@5BBC.org)  
[www.5BBC.org](http://www.5BBC.org)

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