

March–April
2006

Volume 16 · Issue 2

B I C Y C L E € € R™

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



Our merry band of bicyclists at the Financier, 4th Annual Hot Chocolate ride. Photo: Danny Lieberman.



Cooper Union's Prof. Carl Selinger with our 5BBC jersey after presenting lecture during the January meeting. Photo: cyclistxiii.

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March General Meeting

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

Location: Hostelling International, 891 Amsterdam Avenue (at 103 St), Manhattan, Room 111.

Subway: #1 to 103 & Broadway.

Speaker: Mr. Joshua Poppel, Executive Director of the New York Bicycling Coalition (NYBC) on Cycling Issues

NYBC, based in Albany, is one of the preeminent transportation advocacy organizations focusing on statewide cycling issues. Recipient of the Governor's Traffic Safety Committee (GTSC) grant to bring Share the Road Materials to driver education teachers and works with the Automobile Association of America (AAA) on Share the Road programs. NYBC is also working with the Metropolitan Transit Authority (MTA) and the New York Thruway Authority (NYSTA) on a redesigned Tappan Zee Bridge with a new bike/pedestrian path. Mr. Poppel previously worked as a Vermont Bicycle Tour guide and assistant to the Vermont Bicycle & Pedestrian Coordinator. Visit www.nybc.net, email Josh at Joshua@nybcnet or call (518) 436-0889 for further information.

April General Meeting

Tuesday, April 25, 6:00-9:00PM

Location: Lenox Hill Community Medical Group, 215 East 95th St (b/w 2nd & 3rd Ave.), Manhattan. Subway: #6 to 96th & Lexington.

Speaker: Dr. Gloria Cohen

Another 5BBC exclusive! Gloria Cohen, M.D., a recognized medical authority in the U.S. & Canada, will speak on sports medicine and her experience as a sports medicine physician. A graduate of the University of Ottawa School of Medicine and trained as a Physical Therapist. As team physician for the Canadian National Cycling Team, Dr. Cohen accompanied the team to the summer Olympics in Seoul (1988), Atlanta (1996) and Sydney (2000). Dr. Cohen is a road / off road cyclist. Also a runner, she ran the New York City Marathon. Currently Team Physician to the Columbia University varsity sports program and private practice with Orthopaedic & Neurosurgery Associates, Greenwich, CT (www.onsmnd.com.) Special thanks to Columbia's Elizabeth A. Streich and Dr. William N. Levine. Bonus! Before Dr. Cohen's presentation, Steve Sakson, weekend trips coordinator, will preview 5BBC weekend trips for 2006.



Daylight Savings Time Begins April 2.
Set watches & clocks one hour ahead.



Ed DeFreitas. Photo: cyclistxxiii.

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Members at Large: Bob Castro,
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Ted Kushner, Ed Ravin.

☺ 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.

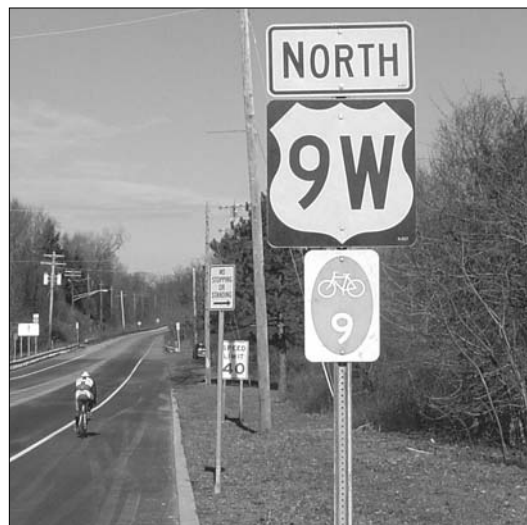


Photo: cyclistxxiii.

Musings of A Bicycletter Man

Enjoy this issue. Loads of info, ride offerings and wonderful things cycling is in here with a lot of work and passion. Read and motivate yourself. Now is the time to start getting on the bike. And remember, ride carefully and enjoy every moment.

Alfredo Garcia
Editor
Bicycletter

Day Tripper



Danny at the Columbia River Gorge, Oregon. Photo: Marc Rappaport.

Is it Spring yet? No, not yet? OK, well, it is just around the corner, I trust. Spring means it's time for everyone to get back on their bikes. Spring means it's time for spring cleaning and spring training. What's that? You're not ready to do 80 miles at the beginning of March? Relax, we have all different kinds of training rides. Some are for the well-seasoned veteran who may want 60 miles in early March and some for the new club members who are ready for shorter distances.

This year's training series consists of 3 different kinds of rides. First, there's the club's traditional training rides. These 14 rides start from either Cunningham Park in eastern Queens and head east along Long Island's North Shore, or at Columbus Circle - Merchant's Gate entrance to Central Park, and head North and West from the George Washington Bridge. These rides will vary from an early season 25 miler to the 90 mile trip to Eaton's Neck just prior to the Montauk Century.

Our second training ride series is our expanded (4 distances) Metrics, beginning in April and concluding with a 60 miler to Ridgewood, New Jersey on Mother's Day. Our third and newest training ride group is a set of 3 trips, called the "L" rides. These are for our veterans who would be bored on that early season 35 miler. Whichever of our training rides you do, please tell us which ones you like best.

What's all this about Quick Spins? Well, traditionally the 5BBC training rides have offered two groups on most of the trips. One for those of us who pedal 12-16 mph and a faster group that wants to pedal 18 mph or faster. If that sounds like your average speed, then please join the quick spin groups, otherwise you will be more comfortable with our regular rides. Please don't expect to ride paceline on these rides. If you're used to doing so with other groups, that's fine, but many of our members

may not be and it could be hazardous to the uninitiated.

Be prepared before you start any of the training rides. Best to bring some pocket food or energy bars. It's good to have an extra energy source on longer rides. One cup of coffee in the morning is probably not sufficient, once you hit the hills. Second and just as important is water. Riding with a 50 oz hydration pack doesn't cramp my style and keeps the engine well greased.

Make sure your vehicle is working properly before you hit the road. Check your brakes, shifters and other moving parts. This will make the ride's 2-minute bike check a breeze. Lube your chain if it's dry. Check tire inflation and you won't be filling them while everyone is waiting for the ride to start.

Check the weekend weather reports and dress appropriately. Early March could have temperatures anywhere from the mid-20s to high 60s. It's a good idea to have an extra layer if you've got a place to put it. Pack or carry the tools you think you'll really need. You really should have a spare tube that fits your tire, a pump, patch kit and an allen wrench. Get a multi-tool to save space and weight.

Once on the road you will be expected to keep up with the group. Most of the training rides will be led at a brisk "B" pace using point-drop-sweep. The Quick Spin groups will be aiming for a noticeably faster pace, and often without drops. If you're more comfortable riding with drops then you should join the regular group. In either case, you should keep moving, ride single file and stay to the right side of the road at all times.

Danny Lieberman
Day Trips Coordinator
daytrips@5bbc.org

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 Trip Meeting Places (continued)

Eastchester: Dyre Avenue at 233 Street, Bronx. Last stop on 5 subway train (not Nereid Avenue).

East 34th Street Ferry: East 34 Street at FDR Drive, Manhattan. Subway: 6 to 33 Street.

George Washington Bridge Bus Terminal: George Washington Bridge Bus Terminal - Fort Washington Avenue at 178 Street (northwest corner), Manhattan. Subways: A to 175 Street, C 1 to 168 Street.

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

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

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

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

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

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

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

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

Day Trips: March-April 2006

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: ASSAULT ON 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: John Chiarella, Bob Castro, Ed Pino and Liz Baum.

BIKE SHOP RIDE

9:30AM, GW Bridge Bus Terminal (West 178th St & Ft Washington Ave), 30-50 miles

Want that new bicycle or gear? Be prepared to pedal 12-15 mph pace over the GWB and find them. Visit shops from Fort Lee, NJ to Piermont, NY and back. No lunch: take along pocket food and water. No point/drop/sweep. Bring a pannier or bag plus current TA, 5BBC, NYCC, or Rockland Bicycle Club membership card for discounts as well as a credit card to test ride new bikes. Co-listed with NYCC. Terrain: 30-50 shopping miles with long stretches, some busy roads and hilly climbs. Leaders: Alfredo Garcia and others.

Sunday, March 5th

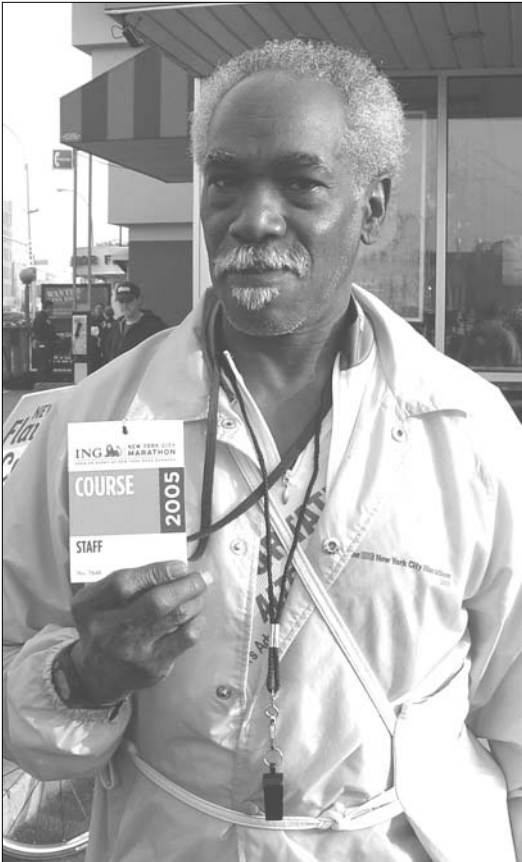
MONTAUK CENTURY TRAINING RIDE # 2: ENGLEWOOD

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.



Jan. 2006. Chinatown, Manhattan: NYPD auxiliary bike cop, Mott St., Chinese New Year parade. Gung Hei Fat Choi!



Nov. 2005: Bay Ridge, Brooklyn: 5BBC Leader Jesse Brown, NYC Marathon bike marshal

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: Jim Zisfein and Brian Hoberman.

Sunday, March 5th
☺ UNCLE GEORGE'S

10AM, City Hall, 20 miles

Oceanography, what? Ride into the borough that brought the likes of Phil Goldberg, Manny Sanudo and David Seto. Feast on Greek Cuisine. Who knows, we might even run into Queen's own Steve "Wildman" Brill (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, March 11th
MONTAUK CENTURY TRAINING RIDE # 3: HICKSVILLE

9:30AM, Cunningham Park, 35 miles (one group)

This may be ride #3 but it's still a relatively easy ride to the diner. Join in the fun with the gang at Cunningham Park. Be sure to take the lock, lunch money and plenty of water. Leaders: Ed Pino, Liz Baum and Bob Castro.

MONTAUK CENTURY TRAINING RIDE # L-1: PIERMONT

9AM, Columbus Circle, 50 miles, "B" pace (one group)

Now, this is a training ride. If you can keep up with Jim and Dennis and their diesel engines to Piermont, you'll be cruising along the hills. Did I just mention hills? This is the first in our new series of early training rides of longer distance. Don't join this one unless you're up to the challenge! Leaders: Dennis Griffin and Jim Zisfein.

Sunday, March 12th
MONTAUK CENTURY TRAINING RIDE # 4: ENGLEWOOD CLIFFS

9:30AM, Columbus Circle, 40 miles (one group)

This is a fun ride and it really isn't that hilly. Well, there is that one hill. The one that just keeps going on and on. But if you can make it to the top you get rewarded at the Royal Cliffs Diner. Yumm! Remember to pack a spare, a cable lock, and expect some fun! Leaders: Andrea Mercado and Mark Trainor.

FROSTBITE RIDE # DOUBLE-ZERO: BROADWAY IN SUMMIT

9AM, World Trade Center, 35-40 miles

While the rest of you are training, the rest of us will be eating. We kicked off the season's schedule with a "Frostbite Zero" and a delightful ride to the Broadway Diner in Summit, sister to our "regular" flapjack joint in Bayonne, and we'll end the season in the same fashion. Only this time, we promise not to get lost and splinter into three groups. There's also a possible side trip to the leader's new mansion for refreshments in the works. Note longer than usual mileage for a Frostbite and hillier terrain. Bring \$3.00 for PATH fare, bike locks, and diner dough. Moderate pace, flat to rolling with 1 steep hill. Leaders: Ted Kushner and Ed DeFreitas.

Saturday, March 18th
MONTAUK CENTURY TRAINING RIDE # 5: NORTHVALE

9AM, Columbus Circle, 45 miles, Quick Spin

9:30AM, Columbus Circle, Regular Group

Northvale! Even the name leaves you breathless. This is one of the more scenic and challenging early rides, and it's the first ride to offer a quick spin option. Join the quick spin group at the earlier time if you want to ride upwards of 15mph. Otherwise hang back with the "regular" group. Leaders: Andrea Mercado and Jim Zisfein. Quick Spin: Dan Finton and others.

(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.sjferry.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 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.

Day Trips *(continued from page 6)*

Sunday, March 19th MONTAUK CENTURY TRAINING RIDE # L-2: RIDGEWOOD

9AM, Columbus Circle, 60 miles,
“B” pace (one group)

Another new training ride! These “L” rides are for providing longer distance earlier in the calendar at a medium pace. The Ridgewood Pancake House is one of Mark’s favorite destinations, so you know the flapjacks are worth the trip. This ride is extra hilly! Leaders: Mark Trainor and Jonathan Friedman.

☺ FLAT ROCK NATURE PRESERVE

10AM, City Hall, 30 miles

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

Saturday, March 25th MONTAUK CENTURY TRAINING RIDE # 6: GLEN COVE

8:30AM, Cunningham Park, 50 miles, Quick Spin
9AM, Cunningham Park, Regular Group

Rolling hills are our specialty as we spin up and down along the north shore. If you’re ready for the faster pace join the quick spinners. Remember to bring your camera and some pocket food. Leaders: Ed Pino and Liz Baum. Quick Spin: Dennis Griffin and others.

TAKE A RIDE TO THE SUNNYSIDE

10AM, Van Cortlandt Park, 30 miles

Take the scenic route to Sunnyside, the Hudson riverfront estate of 19th-century author and satirist Washington Irving, with its amusing architectural adornments, and the nearby Lyndhurst mansion,

both maintained by Historic Hudson Valley (www.historichudson.org). Bring \$10 for admission, bring or buy lunch. Metro North nearby for early return if desired (bring MTA Bike Permit, just in case.) Terrain: rolling hills and a few steep hills. Leaders: Ed Ravin and others.

Sunday, March 26th MONTAUK CENTURY TRAINING RIDE # L-3: ROCKLAND LAKE

9AM, Columbus Circle, 70 miles,
“B” pace (one group)

Join Jesse for the last of the “L” rides. In this case the “L” is for Lake. Remember to pack a spare tube, pump, patches and of course the usual road tools you’ll need for a long ride. Leaders: Jesse Brown, Jonathan Friedman, Dan Finton.

BROOKLYN SOJOURN

9AM, City Hall, 40 miles

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

Saturday, April 1st MONTAUK CENTURY TRAINING RIDE # 7 : WESTWOOD

8:30AM, Columbus Circle, 50 miles, Quick Spin
9AM, Columbus Circle, Regular Group

How far west is Westwood? Is it East of Eastlake or North of Northvale? Remember to bring your hydration pack along with your cable lock. Only a fool would leave a camera at home. Leaders: Brian Hoberman and Mark Trainor. Quick Spin: Dennis Griffin and others.

SLAVES OF SLEEPY HOLLOW

10AM, Van Cortlandt Park, 35 miles

Visit another Historic Hudson Valley (www.historichudson.org) house along the Hudson River - Philipsburg Manor, an 18th century grist mill powered with slave labor. Now a museum, visitors will get an unvarnished appreciation of life on a colonial farm. Bring \$10 for admission, bring or buy lunch. Metro-North nearby for early return if desired (bring MTA Bike Permit, just in case.) Terrain: moderately hilly with a few steep hills. Leaders: Ed Ravin and others.



Daylight Savings Time Begins April 2.
Set watches & clocks one hour ahead.



Central Park, Merchants Gate, Manhattan: Cyclists ready for training rides.

Sunday, April 2nd
MONTAUK METRIC TRAINING
RIDE # 1: HICKSVILLE

9AM, Cunningham Park, 35 miles (one group)
An encore so soon in the season? Sure, when it comes to our Metric series, Hicksville makes a great first destination, with an easier pace at an earlier hour. Is this ride really hilly? Show up and find out! Leaders: John Chiarella and Bob Castro.

OFF-ROAD VISTAS: KENSICO DAM

9AM, East 233rd and White Plains Road, 35 miles
An "Off Road Vista" bike journey for a regular bikes. Follow the Bronx River Parkway bike path up to the dam and back. 35 miles, paved path with some riding in traffic as well, hilly in places. Please bring your Metro North bike permit, just in case. Varied terrain. Pace will be 10-15mph. Leaders: Ed DeFreitas and others.

Daylight Savings Time Begins. Set watches & clocks one hour ahead.

Saturday, April 8th
MONTAUK CENTURY TRAINING
RIDE # 8: NYACK

8:30AM, Columbus Circle, 60 miles, Quick Spin
9AM, Columbus Circle, Regular Group
I don't know why we never had a training ride to Nyack, before, but it's time that we did! Will we lunch at the Runcible Spoon? Only the leaders know for sure! Leaders: Mark Trainor and Brian Hoberman. Quick Spin: Susan Rodetis and Dan Finton. Quick spin will be approx B17 pace and no point-drop-sweep.

Sunday, April 9th
MONTAUK CENTURY TRAINING
RIDE # 9: CENTRE ISLAND

8:30AM, Cunningham Park, 65 miles, Quick Spin
9AM, Cunningham Park, Regular Group
What's that? You want more hills? OK, this ride should satisfy your hill-thirst! Those quick spinners will be rolling about 18mph, so only join them if you're ready! Leaders: Ed Pino and Liz Baum. Quick Spin: Dennis Griffin, Pat Carter.

FOUR BORO BIKE RIDE

9:30AM, City Hall, 30 miles
Sorry S.I. We promise to dedicate an entire ride to you. We want have enough time give justice to Arthur Avenue, deep in the heart of The Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into The Bronx. Lunch along Arthur Ave, an Italian enclave. Belmont Ave is the origin of the "Dion & The Belmonts" name. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

Saturday, April 15th
MONTAUK CENTURY TRAINING
RIDE # 10: ROCKLAND LAKE

8:30AM, Columbus Circle, 70 miles,
Quick Spin and Regular groups
Taxes finished? Great - go collect your refund riding around Rockland Lake. Leaders: Brian Hoberman and Mark Trainor. Quick Spin: Susan Rodetis and Steve Taylor. Quick spin will be approx B17 pace and no point-drop-sweep.

☺ MAKING A SPECTACLE RIDE

10AM, Plaza Hotel, 25 miles
You've been up all night to get that 1040 in so Uncle Sam won't slap the cuffs on you! All that number crunching now has you seeing double. Relax, Eagle Eye, and join us for a ride to Flatbush Optical to see how their top-notch optician can grind and cut a new pair of lenses just in time to have your eyes ready for the 2006 tax year. After that we head for a local ethnic restaurant. Bring a lock and lunch money. Rain at start time cancels. Leaders: Richard Sanford and Randy Horowitz.

Sunday, April 16th (Easter Sunday)
☺ EASTER JAM

9:30AM, City Hall, 35 miles
It may be Easter Sunday but I still want to ride my bike. And for a change of pace we'll take an easier ride across the water to nearby Queens and Brooklyn. This ride will likely be similar to November's "POST-TURKEY" ride. Bring lock and lunch money. Leaders: Danny Lieberman and Ed DeFreitas.

Saturday, April 22nd
MONTAUK CENTURY TRAINING
RIDE # 11: SUNKEN MEADOW

8AM, Cunningham Park, 75 miles, Quick Spin and Regular groups
Now this is a truly great ride. Never mind the training aspect, it's just fun all the way to the beach. Please remember to bring your MTA bike permit in case you need to bail out! Leaders: Dave Schlichting and Ira Najowitz. Quick Spin: Dennis Griffin and Pat Carter.

Sunday, April 23rd
MONTAUK METRIC TRAINING
RIDE # 2: CITY ISLAND

9AM, Columbus Circle, 40 miles (one group)
New earlier date and starting location for this one! City Island, for those who have not yet been, is that little seaport village at the edge of the Bronx. Lots of greenways will help us get there. Lunch right on the water! Leaders: Danny Lieberman and Mark Trainor.

(Continued on page 9)



Bike Access to Trains

New York City Subway

24-hour access. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, log on to <http://advisory.mtanyc.info/customerselection.asp>. Weblink: www.mta.nyc.ny.us/nyc/safety/bike/

Metro-North Railroad (MNR) / Long Island Railroad (LIRR) MTA Bike Permit

One permit for both, available, \$5 fee at:

- A) Grand Central Terminal, Metro North window #27 or call 212-532-4900
- B) Penn Station, LIRR Information booth or call 718-558-8228

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application: www.mnr.org/html/mnrbikepermit.htm.

New Jersey Transit (NJT) Bikes Aboard Program

As of May 21, 2000 bicycle permits are no longer needed! Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit: 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



The Five Borough Bicycle Club's 42nd Annual Montauk Century

Pedal the back roads from the city through the Hamptons to the ocean!

Sunday May 21, 2006

Your Choice Of Three Distances:
66 miles • 100 miles • 145 miles

Your Choice Of Two Start Lines:
Manhattan • Babylon, LI

☆ Optional escorted 66-mile route available ☆

All Routes End at Montauk
Transportation Home Available for You and Your Bike

Great Rest Areas • Full S.A.G. Support
Free Montauk Century Cycling Socks for the First 1,200 people to Register
Free Hot Showers, Free Hot Meal, and Free Massage at the Finish Line

For 42 years, May has meant the Montauk Century bicycle ride -- one of the flattest rides in the Northeast! Join more than 1,500 cyclists in this annual event, pedaling from the city through the Hamptons to the ocean!

The ride includes terrific rest areas, low-traffic routes, beautiful back road scenery, and views of the water.

We still have the best S.A.G. support in the U.S. in case you need help along the way; a finish line with free hot showers, free massage, and a free hot meal; plus transportation home available for you and your bike.

We offer two different start lines: Manhattan at Penn Station, and the LIRR station in Babylon, Long Island.

Choose the distance that's right for you -- a healthy 66 miles, a challenging 100 miles, or an **experts-only** 145+-mile route. We also offer an optional *escorted* 66-mile route, with trained Five Borough Bicycle Club leaders riding along with you -- perfect if this is your first long ride. We even offer a complete series of

free training rides to help you get ready for Montauk.

On Montauk day, pack a bag with a change of clothes and a towel for the free hot showers at the end of the ride -- we'll put your bag in our private truck so it will be waiting for you when you get to Montauk!

There's only one way to register for the Montauk Century, and that's via our web site. (Sorry, there is *no* mail-in or fax-in registration. Free internet access can be found at most public libraries). The Montauk Century sells out, and only the first 1,200 to register get free Montauk Century cycling socks so sign up now!

- More Details
 - On-Line Registration
 - Free Training Rides
 - Volunteer & Ride Free
- All at Our Web Site:
www.5bbc.org/montauk



Day Trips (continued from page 7)

Saturday, April 29th MONTAUK CENTURY TRAINING RIDE # 12: STONY POINT

8AM, Columbus Circle, 82 miles,
Quick Spin and Regular groups

Are you ready for Stony Point? This ride is very long and technical. It also has some tough hills, so be prepared for those steep climbs. Not for beginners. Leaders: Alfredo Garcia and Mark Trainor. Quick Spin: Susan Rodetis and Steve Taylor. Quick spin will be approx B17 pace with no point-drop-sweep.

Sunday, April 30th ☺ PALISADES BIKE HIKE: PEANUT LEAP CASCADE

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

No history spiel today, just a pleasant ride to State Line Lookout Inn (<http://njpalisades.org/overlooks.htm#State>) on the Palisades Cliffs, 532 feet above the water, then hike down to water level. The ride takes River Road and the infamous Alpine d'Huez hill at the north end. The hike (njpalisades.org/slo-hike.htm#Peanut) involves climbing the equivalent of a 50-story building down, then up, but not technically difficult. Bring bike lock, water, snacks, comfortable walking shoes, and lunch or \$ for it. 12-14 mph pace. Hilly terrain. Leaders: Jim Zisfein and Marina Bekkerman.

Saturday, May 6th MONTAUK CENTURY TRAINING RIDE # 13: LLOYD NECK

8AM, Cunningham Park, 85 miles, regular group
8AM, Cunningham Park, 85 miles, Quick Spin,
Cue Sheet Only

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. No Point/Drop/Sweep today. Leaders: Ira Najowitz and Jesse Brown. Quick Spin: Dennis Griffin and Pat Carter.

MONTAUK METRIC TRAINING RIDE # 3: PIERMONT

9AM, Columbus Circle, 50 miles (one group)

What? Piermont again? Sure, why not, it's a relatively easy ride compared to the alternatives. Hilly? You betcha! Leaders: Mark Trainor and Jim Mallard.

Sunday, May 7th BIKE NEW YORK - NO RIDES TODAY!

Saturday, May 13th MONTAUK CENTURY TRAINING RIDE # 14: EATON'S NECK

8AM, Cunningham Park, 90 miles, Cue Sheet Only

One last incredibly long training ride a week before Montauk. Can you believe how far it is? If you can complete this one you'll be ready for the big event next week. Warning: This ride is fast, difficult, and will not use point/drop/sweep. Leaders: Jesse Brown and Ira Najowitz.

Sunday, May 14th MONTAUK METRIC TRAINING RIDE # 4: RIDGEWOOD

9AM, Columbus Circle, 60 miles (one group)

Mark likes the Ridgewood Pancake House so much he wanted to go there twice, so we made it the final destination for the metric series! Remember to bring enough water, a lock and of course a spare tube and lunch money. Warning: very hilly, with a climb up Churchill on the way back! Leaders: Mark Trainor and Jim Mallard.

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

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

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



Jan. 2006: Houston St., Manhattan. Cyclists who lost their lives last year were remembered with "Ghost" bikes, solemn memorial organized by Times Up! Let's be careful out there.

Times Up! Memorial Ride

January 8, 2006



Regional Roundup March–April 2006

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 (2006 schedule to come) are organized by Trudy Hutter, who is a 5BBC leader.

Fridays, March 3rd, April 7th & May 5th

Moonlight Ride
10PM, Columbus Circle

Fridays, March 10th, April 14th & May 12th

Brooklyn Critical Mass
7PM, Brooklyn Side of Williamsburg Bridge

Saturdays, March 25th, April 29th & May 27th

Riverside Ride
10PM, Columbus Circle

These three different rides are organized by Time's Up! Information: www.times-up.org. These are night rides. Bring lights!

Saturday, April 22nd

Blessing of the Bikes
9:30AM
Cathedral of St John the Devine
Amsterdam Ave. & West 112th St.
Information: www.bicycleshows.us/blissing

Sunday, May 7th

Bike New York
8AM, Battery Park
Information/Contact:
www.bikewyork.org

Bergen County Bike Tour
(rain date May 21st)
Information: www.bergenbiketur.org

Sunday, May 21st

Montauk Century
5AM, Penn Station
Organizer: Five Borough Bicycle Club
Information:
www.5bbc.org/montauk
Bloomin' Metric
Information:
www.soundcyclists.com/Bloomin.htm

Weekend Trips 2006: New Adventures and Old Favorites

Weekends are all about the bike, of course. But the 5BBC goes several steps and paddles further, with a diversity of biking, hiking & boating adventures that run the gamut from relaxing to adventurous. We'll have our usual favorites to Pennsylvania Dutch Country and Maryland's Seagull Century, the easiest 100 miles in the east. But this year, you can take a whitewater raft trip down the Lehigh River, roll across mountains of Dutchess and Columbia counties, hike Bear Mountain, or kayak Cape Cod.

To make sure that signing up for our trips is convenient and easy on your budget, we're again offering an early-signup discount program and online registration via www.active.com.

See individual trip descriptions below for prices, discounts, and number of spaces available per trip. For up-to-date trip information please also call our Weekend Trips information line at (212) 932-2300 x138.

Steve Sakson
Weekend Trips Coordinator
weekends@5BBC.org

A New Twist on the 5BBC's Springtime Classic MONTAUK CENTURY WEEKEND

May 20-May 21 (depart Saturday morning, return Sunday evening)

Trip No. MCW

Space Available: 12 people

Deposit: \$150. Full price: \$225

Early discount deadline: April 1; Discount price: \$203

Transportation: van

Lodging: motel; double accommodations

Trip Rating: B

Mileage: About 60 miles per day, mostly flat

Leaders: Wentworth Price & Ken Williams

For years, cyclists from the Northeast have come together to ride a springtime classic—the 5BBC Montauk Century. And no wonder—the route is flat, with superb support and Long Island's most picturesque. Still, not everyone is up for biking 140 miles in one day. Now, we've got your solution—accomplish it in two! Saturday morning, you'll start pedaling east from Manhattan. Your leaders won't be biking with you like a traditional 5BBC ride, but they'll back you up in a private SAG van, which will also tote your luggage. At the halfway point, near Mastic, Suffolk County, we'll gather for a fine dinner then bed down for the night at a motel Sunday morning, we'll join the throng to Montauk's

end, enjoying all the support services (rest & food stops) along the way. At the finish, there will be no long wait to get home—just hop in our van and we'll take you, your bike and gear, back to New York, in style.

Memorial Day Weekend in Amish Country

PENNSYLVANIA DUTCH TREAT

May 26-May 29 (depart Friday morning, return Monday evening)

Trip No. PDT

Space Available: 12 people

Deposit: \$150. Full price: \$350

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

Transportation: van or carpooling

Lodging: farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 40 per day on rolling hills

Leaders: Steve Sakson & Andrea Mercado

Step back to a simpler time during our trip to bucolic Lancaster County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll visit a working grist mill and picnic on the site of an early settlement village. We'll lodge at local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. Dinner will be a unique experience every night. One evening, we'll be guests at the home of an Amish family. We'll also partake a traditional Penn Dutch all-you-can-eat smorgasbord, and cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

Trek to Lake Tiorati

BEAR MOUNTAIN-HARRIMAN STATE PARK

May 27-May 29 (depart Saturday morning, return Monday evening)

Trip No: BM

Space available: 6-8 people

Deposit: \$100. Full Price: \$135

Early discount deadline: April 1; Discount price: \$120

Transportation: Self-contained

Lodging: Cabins/Dorm rooms

Trip Rating: A

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

Leaders: Ira Najowitz & Manny Sanudo

Our host for this adventure-filled trek is the idyllic Camp Thendara, an 85-year-old mountaintop lodge, complete with stone fireplace, on Lake Tiorati in Harriman State Park. We will cycle 50 hilly miles from midtown Manhattan on Saturday, going “self contained,” meaning we’ll carry all our gear on our bikes or backs. Sunday offers a variety of options: you can swim or boat on the lake, hike the trails, bike in the park, or just relax. We’ll work up our own home-cooked breakfasts and dinners, and trail lunches, all included in the price. Guests at Camp Thendara prepare their meals together and perform light clean-up chores. On Monday, we’ll bike home along our well-scouted route, with plenty of quiet back roads. For more information on the camp, visit www.thendaramountainclub.org.

Vineyards of the North Fork
BIKE-BOAT-WINE-DINE

June 3-June 4 (depart Saturday morning;
return Sunday evening)

Trip No: BBWD

Space Available: 16 people

Deposit: \$150. Full Price: \$200

Early discount deadline: May 1; Discount Price: \$180

Transportation: carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, mostly flat but hillier on Shelter Island

Leaders: Ted Kushner & Sharon Behnke

Join us for a weekend on Long Island’s serenely beautiful North Fork. Our trip features mostly flat biking, lush vineyards, scenic coastlines, a lighthouse or two, and an optional excursion to Shelter Island. On Saturday, we’ll tour some of the area’s finest wineries and sample their vintages. We’ll lodge at the Mattituck Motel, a short walk from town and the beach, and we’ll have an incomparable dinner experience at Connie’s Café, a charming “touch of France,” featuring cherry wood décor, homemade baked goods, and an herb garden out back. On Sunday, we’ll join our friends at the Suffolk Bike Riders Association for their annual Bike-Boat-Bike Century (www.sbraweb.org), offering distances from 25-125 miles, rest stops, sag support, and ferries to Shelter Island for the longer routes.

New Trip: a Taconic Treat

BASH BISH BASH

June 10-11 (depart Saturday morning,
return Sunday night)

Trip No. BBB

Space available: 15 people

Deposit: \$100. Full price: \$185

Early discount deadline: May 10. Discount price: \$167

Transportation: Metro-North Railroad/Self-contained

Lodging: budget lodge (semi-private rooms & communal bath)

Trip rating: A/B

Mileage: flat-to-hilly, 100 miles in 2 days

Leaders: Jim Zisfein & Ed Ravin

This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and rolling country hills. On Day 1, Metro North takes us to Wingdale in the Harlem Valley, where we will ride rail trails and rural roads between the majestic Taconic and Berkshire mountain ranges. Striking views await us at Summit Rock in Bash Bish Falls State Park, Mass. On Day 2, the mountains give way to rolling hills. We’ll pass a ranch, where we’ll watch Belted Galloway cattle graze, and a few miles later stop at a restaurant to find out how they taste. Finally, we’ll make our way to Poughkeepsie, where we’ll hop the train home. Most of the ride will be level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50 miles per day carrying panniers or a backpack with your clothing and supplies.

New Trip: Paddling in the Poconos

LEHIGH VALLEY PEDAL & PADDLE

July 21-23 (depart Friday evening;
return Sunday evening)

Trip No. Lehigh

Space available: 12 people

Deposit: \$150. Full price: \$360

Early discount deadline: June 21; discount price \$325.

Transportation: van or carpooling

Lodging: motel, double accommodations

Trip Rating: B; Off-road ATB Biking

Mileage: Moderate, 25-30 hard packed trails;

rafting includes challenging Class III rapids

Leaders: Ted M. Kushner & Lee Ann Van Wyck

One of our favorite mid-summer adventures returns, but with a new destination. We’ll travel to the Lehigh River Valley, one of the Northeast’s most exhilarating whitewater rafting regions. This jam-packed trip includes gorgeous off-road biking along the river gorge, and you don’t even need to own or bring an ATB bike because this amazing package includes bike rentals! Next we’ll take a thrilling 4-5-hour rafting trip down the river. (Note: We’ll go 5-6 people on a raft, and some of these will be Class III rapids, which have large waves and some drops or ledges. Prior rafting experience is not required, and life jackets are supplied, but you will get wet!). The weekend also includes buffet-style breakfasts, packed lunches, and a fine dinner Saturday night. Join us for this close-to-home adventure that you’ll not soon forget.

(Continued on page 12)

Regional Roundup (Continued)

Saturday May 27th -

Sunday May 28th

Angel Ride

Information: www.AngelCharitableTrust.org

Contact: Lynn McCarthy

860-227-065

Sunday, June 4th

Tour de Brooklyn

Information:

www.tourdebrooklyn.org

Contact: info@transalt.org

Tour de Cure –

New York City (ADA)

Information: www.diabetes.org/tour

Contact: Marci Marchfeld - 212-725-4925 x3412

Bike Boat Bike (Suffolk Bicycle Riders Association)

Information: www.sbraweb.org

Friday June 9th -

Sunday June 11th

Get Your Guts In Gear

Information/Contact:

www.ibdride.org

Sunday, June 11th

Tour de Cure - Long Island

Information: www.diabetes.org/tour

Contact: CGibson@diabetes.org

The Mansion Ride for Autism

Information:

www.mansionride.com

Sunday, July 30th

Harlem Valley Rail Ride

Information: www.bikenewyork.org

Contact: info@bikenewyork.org

Sunday August 13th -

Saturday August 19th

Empire State AIDS Ride

Information:

www.empirestateaidsride.org

Contact (917) 817-5775

Sunday, August 20th

Ramapo Rally

Information: www.btcnj.com

Sunday, August 27th

North Fork Century

Information: www.northforkcentury.com

Contact: info@northforkcentury.com

Saturday, September 9th

AIDS Ride For Life Century

(Ithaca, NY)

Contact: Southern Tier

AIDS Program

Information: www.stapinc.org/

Regional Roundup (Continued)

Sunday, September 10th
NYC Century Bike Tour
(Transportation Alternatives)
Information: www.nyccentury.org
Contact: info@transalt.org

**Friday, September 15th -
Sunday, September 17th**
Braking the Cycle
Information:
www.brakingthecycle.org
Contact: Blake Strasser,
212.989.1111
Email:
bstrasser@globalimpactpro.com

Saturday, September 16th
Pedal for People: The ride to
end hunger in Rockland County
Information:
www.pedalrockland.org
Contact: info@pedalrockland.org

Sunday, September 17th
Golden Apple Century
Information:
www.westchestercycleclub.org
Phone: 888.777.8229;
Contact:
MichaelMMiller@optonline.net

Mid-Hudson Bicycle Club
Century
www.midhudsonbicycle.org

Saturday, September 30th
Twin Lights
Information:
www.bikenyork.org
Contact: info@bikenyork.org

Sunday, October 1st
MS Bike Tour - Tappan Zee
Information:
www.tzbiketour.org
Phone: (914) 694-1655

Pumpkin Patch Pedal
Information: www.sibike.org
Contact: mpirone@aol.com or
ronaldona@msn.com

Saturday, October 7th
Seagull Century
Information:
www.seagullcentury.org

**Saturday, October 7th -
Monday, October 9th**
Bike for SCORES Day 1
Information:
www.bikeforSCORES.org
Phone: 212.989.1111
Contact:
bstrasser@globalimpactpro.com

Weekend Trips (continued from page 9)

Lancaster's Crown Jewel

COVERED BRIDGES RIDE

August 19-20 (depart Saturday morning,
return Sunday night)

Trip No. CB

Space Available: 12 people

Deposit: \$150. Full Price: \$200

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

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke

Discover some of Pennsylvania's most famous rural scenery and best biking as we join 3,000 other riders in the 28th annual Covered Bridge Metric Century. This major Northeast biking event, produced by the Lancaster Bicycle Club (www.lancasterbicycleclub.org), offers the choice of 62-, 31- and 15-mile routes, with a maximum of seven different historic covered bridges, followed by a post-ride party at a brookside park. You'll get a free T-shirt for doing the ride and will be rewarded with a traditional Lancaster County smorgasbord dinner on Saturday night.

Labor Day Special

CAPE ESCAPE

September 1-4

(depart Friday morning, return Monday night)

Trip No. CAPE

Space Available: 12 people

Deposit: \$150. Full Price: \$310

Early discount deadline: August 1; Discount price: \$280

Transportation: Van

Lodging: hostel, dorm rooms

Trip Rating: B/C

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

Leaders: Clyde Eisman & Sharon Behnke

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is crisscrossed by gentle, immaculate rail trails, with occasional rolling hills, and our lodging in Eastham, Barnstable County, is located right near a brand new trail section. In nearby Provincetown, the dune trails are breathtaking. Whale watching, lighthouse climbing or maritime museum hopping are also good bets, or enjoy sunbathing at beach. The package includes all-you-can-eat pancake breakfasts, a 4-hour kayaking trip, and a home-cooked lobster dinner. It'll be a perfect es "cape" for first-timers and old-timers alike.

Bucks County Beauty

PEDAL TO PENNSYLVANIA

September 2-4

(Depart Saturday morning; return Monday evening)

Trip No. PENN

Space Available: 6-8 people

Deposit: \$100 Full Price: \$170

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

Transportation: Self-contained

Lodging: Hostel, dorm rooms

Trip rating: A

Mileage: Hard, 75-80 each way

Leaders: Ira Najowitz & Jesse Brown

You, your trusty bike, and the open road – all the way to Pennsylvania! We'll depart early Saturday morning on the PATH train to Newark, then bike through the western New Jersey countryside, cross the Delaware River at Washington's Crossing into Bucks County, PA, and then on to Tyler State Park Hostel in Newtown. This is a self-contained trip, so we'll carry all our gear for the weekend on our bikes or backs. The terrain varies from rolling to steep, so to enjoy this trip, you should comfortable biking 75 to 80 miles a day with a loaded bike. That's exactly what we'll be doing on both Saturday and Monday, when we return. Sunday will be for hiking or hanging out at the 1,700-acre park, or doing a scenic ride in the area.

True Blue Tahoe

LAKE TAHOE & SIERRA FOOTHILLS

September 2 – 12 (Eleven days. Meet Saturday morning, return Tuesday)

Trip No. LTSF

Space Available: Approximately 12 people

Price (estimated) less than \$1,000; required \$300 deposit (full refund if trip cancels.) Trip participants arrange their own air transport.

Transportation: Mostly point-to-point cycling; luggage always transported.

Lodging: Victorian mansion, hostel, motel, hotel or bed & breakfast.

Trip Rating: A/B

Mileage: 30-75 miles/day ("lite" & "energetic" versions for some day rides)

Leader: Susan Rodetis

Breathtaking vistas, terrain, awesome experiences and lots of fun await us. We'll start with a few days riding in Sacramento and its environs, which includes historic Old Town & Fort Sutter, holiday festivals and the scenic Sacramento River delta & settlements. We'll roll along the lovely American River Bike Trail (greenway) up to the Sierra foothills. We'll tour Gold Rush country, hillsides of lush vineyards, pass through awesome valleys, alongside gorgeous lakes and rivers. We'll follow emigrant trails, Pony Express routes and soak in

one of many natural hot springs. Our final destination is beautiful Lake Tahoe, spending several days capped with the Tour de Tahoe—Bike Big Blue (www.bikethewest.com/tourdetahoe.html), one of the most beautiful rides in America. We'll circle Lake Tahoe; Shorter option via lake crossing on paddle wheeler Tahoe Queen.

NOTE: Final price will be in next *Bicycletter*. Please indicate your interest and book early, as trip cancels mid-summer if there are insufficient signups. Detailed trip information will be available on www.5bbc.org/weekend.shtml

Easiest 100 miles in the East

SEA GULL CENTURY

Columbus Day Weekend: October 6-8

(depart Friday morning, return Sunday evening)

Trip No. SGC

Space Available: 12 people

Deposit: \$150. Full Price: \$400

Early discount deadline: September 1;

Discount price: \$360

Transportation: Van

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson & Wentworth Price

This annual event is often rated the best century ride in the East and the easiest! No wonder it attracts 6,000+ riders every year. Don't worry about crowds. The Seagull features only quiet country roads through the Chesapeake Bay's finest farmland. Sponsor Salisbury State University offers top-notch support with plenty of rest stops loaded with goodies, including pie a la mode at the 85-mile point. We'll start the weekend with a festive Mexican dinner and

lodge at the choicest spot in Salisbury, the Ramada Inn, with 3-star rooms and an indoor pool. Saturday morning, we'll avoid the local traffic jams by biking our way one mile to the start line. By midday we'll reach Assateague Island State Park, where wild ponies roam, and where you can take a dip in the ocean before heading back. Saturday night features a fun karaoke scene with the finest local talent, or perhaps an extreme bowling excursion featuring dayglo pins and blacklights.

Summary of Weekend trip rules

- 1) To go on a weekend trip you must be a member of the Five Borough Bicycle Club. Sign up using the form in this bulletin.
- 2) You may sign up by mail, and pay using a check or money order, by using the form in this bulletin, or by downloading a copy of the form from our Web site www.5bbc.org, and mailing it to the 5BBC, 891 Amsterdam Ave., New York, 10025. Or register online at active.com using your credit card (fees apply).
- 3) Deposit (usually \$150 or less) is required to hold a spot on a trip. You must pay the balance no later than 3 business days prior to the departure.
- 4) Cancellations, or transfers between trips, are restricted by club rules, and subject to withholding costs based on non-refundable expenses incurred by the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip.
- 5) Full weekend trip rules can be found on our Web site, www.5bbc.org

Regional Roundup (Concluded)

Sunday, October 8th

Harvest Ride

Information:

www.soundcyclists.com/Harvest2.htm

Saturday, October 14th

Escape New York Century

Information:

www.nycc.org/rides_eny.shtml

Contact: enyinfo@nycc.org or

moreinfo@nycc.org

Sunday, October 15th

MS Bike Tour - New York City

Information: www.msnycc.org

Contact: msbiketour@msnycc.org

Phone: (212) 463-7787

Sunday, October 22nd

Tour de Bronx

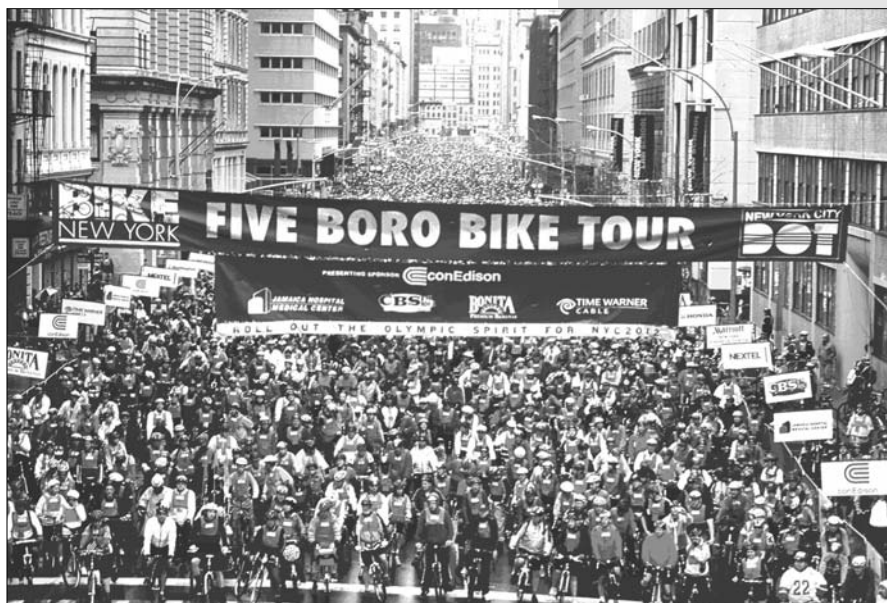
Bronx Borough President and

Transportation Alternatives

Information: www.tourdebronx.org



On **Sunday, May 7, 2006**, participate in the 29th annual **Five Boro Bike Tour**, the largest recreational cycling event in these United States! Share a unique adventure with 30,000+ cyclists and experience 42 traffic-free miles through the five boroughs of New York City. Venture with fellow cyclists onto the Madison Avenue, Third Avenue, Queensboro, Pulaski and the majestic Verrazano-Narrows bridges – what better way is there to see the sights of New York City? You can ride as a paying participant or free as a Bike NY marshal. Visit www.BikeNewYork.org for more information.



Over 30,000 reasons to Bike New York.

5BBC Leadership Training Course

Who are the Five Borough Bicycle Club leaders? Do they possess special powers and talents beyond those of ordinary cyclists that enable them to create those wonderful rides which have given us so much pleasure over the years? Guess what! They're people just like you—fun-loving, enthusiastic, avid cyclists—who enjoy sharing their love of cycling with others. They're the folks who help other cyclists enjoy the things that you love about cycling, such as beautiful roads and scenery, favorite lunch stops, beaches, museums, and, of course, the special group experience of a 5BBC ride. Our leaders come from varied backgrounds, with their own styles and personalities. But they all do have one thing in common—they've completed our Leadership Training Course!

If you take our course we'll give you training on how to organize and run both day and weekend trips. Map reading, ride planning and design, group dynamics and decision-making, leadership style, and bicycle equipment are all covered, as well as many other aspects that go into making you a bicycle leader.

The course is taught by a group of active and experienced 5BBC leaders and combines classroom instruction with practical riding experience. You don't have to be an especially strong or fast rider or bicycle repair expert to take the course. That's not what the course is about—it's about leadership. It is strongly recommended that you be able to ride for the better part of a day and be comfortable riding with a group. If you haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club

rides take place. Note: You do not have to be a 5BBC member to take the course, but you must be a member in order to lead rides with the club.

Leadership is one of the most important aspects of your club. It's what keeps us riding. We need more terrific people like you to become leaders. Sign up now!

Spring 2006 Course Schedule

The course consists of five evening classes (we ask that you attend at least four), three weekend day rides (we ask that you ride at least two), and one weekend trip (required).

Five evening classes: Thursdays, 6:30 to 9:30 pm, May 25 and June 1, 8, 15, 22

Location: HI-AYH, 891 Amsterdam Ave. at 103 St, Room 002, Manhattan

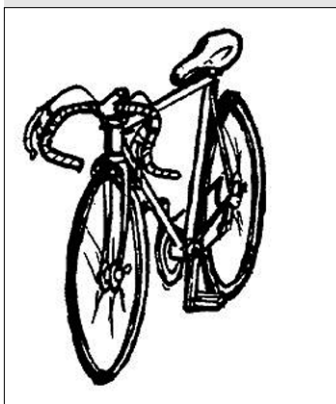
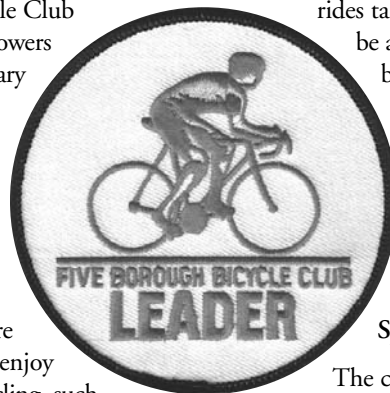
Three day rides: Saturday, June 3, Sunday, June 11, Saturday, June 17

One weekend trip: Friday June 23 through Sunday June 25

To Register

Call Manny Sanudo at 718-217-0045, or email at leadership@5bbc.org; a fee of \$15 will be collected at the first class. There will be an additional fee of \$50 (collected during the course) for the weekend trip (scholarships are available).

Manny Sanudo and Stephen Jackel
5BBC Leadership Coordinators



5BBC Bicycle Courses

On Buying a New Bicycle
Thursday, March 30, 2006, 7 pm. AYH-HI bldg.

Thinking about upgrading from that starter bike this year? Or diversifying your stable by adding something different? Many newcomers to cycling get dazed by the sheer number of types, companies, names and price tags on new bicycles and they wind up asking someone else, "what bike should I buy?" This workshop, conducted by Rich Conroy, will help guide your decision. Learn about different frame materials and technology. Take a component tutorial. Get the basics on various bike designs and how they fit into your biking needs. Find out how

to set your budget, pick a shop and find your bike. Know how to make sure your bike fits.

Flat Fixing
Sun. Apr. 2, 10am, AYH-HI building.

Every serious cyclist should be able to handle this most common "on the road" repair in this class taught by our own Jesse Brown.

Fee for each course: \$25.

Beth Katz
5BBC Bicycle Course Coordinator

An Open Letter of Thanks— In Praise of the Leadership Training Course

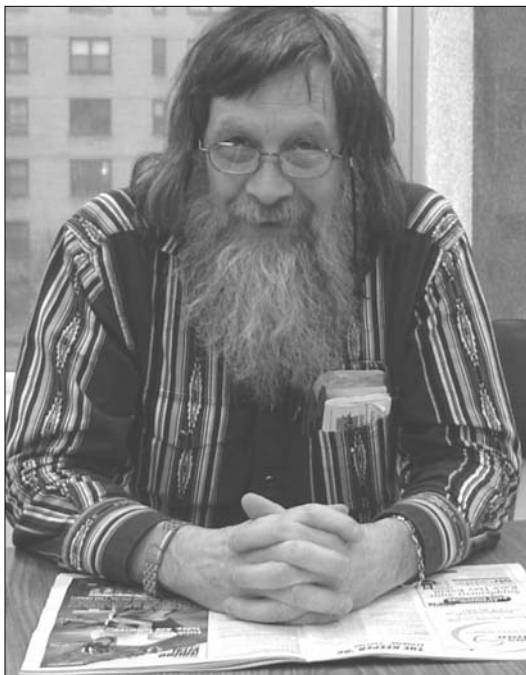
By Kent Mark

From late Spring to early Summer 2005, I took the Five Borough Bicycle Club leadership training course. It consisted of a series of lectures, field trips and a weekend retreat with intent of understanding what goes into leading bike rides and developing skills for them. Prior to attending, I went on a 5BBC trip to the Workman Cycles plant, a local-based industrial & recreational bike manufacturer, during Transportation Alternatives' Bike Month 2005. I was impressed with leader Richard Sanford.

The leadership training class was valuable in being educational and practical, biking in the New York-New Jersey area as much as I had. As with any endeavor in life, it takes a passion to pursue a worthwhile endeavor, coupled with freely spending time to engage others in doing so. This quality as well as a willingness to show initiative is a start to help perpetuate a fine organization like the 5BBC. Support and cooperation from all course participants was truly evident, much appreciated and uplifting. Willingness to freely share cycling knowledge and experience was both unparalleled and invaluable. Leaders who availed themselves to bike repair courses (offered by the 5BBC, free to leaders) and recently, American Red Cross first aid & CPR training shows an aptitude to learn further.

Several weeks into the course, pondering questions I asked and despite my inability to ride at the same pace as much of the group, my instructors retained an appropriate demeanor with patience. Their mettle was tried at times, not clearly evident at first. But I can truly say that they exemplified the conduct of what they taught. I came to the leadership training to learn this. While taking the technical and administrative know-how into consideration, the main theme was that I, as well as my fellow students, strive to become bike leaders and having a good time with it. I learned much by simply observing and listening to the instructors and active leaders involved in the course.

A comment was made that we need leaders for "A" rides. If you have taken the course and not yet put it to use, why not come out and lead rides within your capability. Even short and regular paced ones. Or at least help out with bike trips attracting large



Kent Mark

numbers of riders. This is an opportunity to give back something to the Club. If you are a graduate, team up with a fellow leader and put your training to good use. If you have not yet taken the leadership class yet, do enroll. Who knows, your intent of being an active club participant could put you among the next wave of 5BBC leaders.

The 5BBC expends valuable resources training people to become ride leaders. While one can take the course without obligation to return anything, one should know that running the Five Borough Bicycle Club is a team effort; it needs competent volunteers to continuous lead quality bike rides.

My observations and comments are made with utmost sincerity. Again, I thank those who made this opportunity possible.

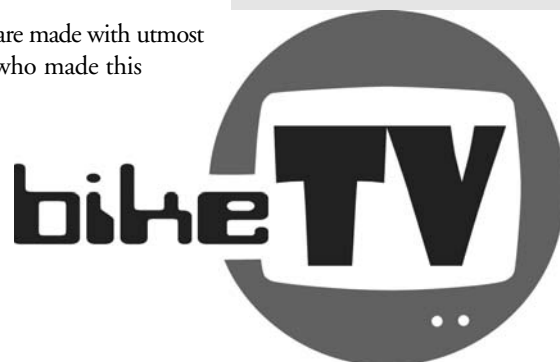


bikeTV Rocks!

bikeTV is a cable-access show about bicycling in the NYC-metro area and beyond...

Viewing schedule: Manhattan, NY: Every other Wednesday at 9:30 PM, channel 57: Time Warner, 112: RCN. In Brooklyn, NY: Every Friday at 10:30 pm on Channel 34 (Time Warner) or Channel 67 (NYC Cablevision) In Queens: Every Sat at 3:30 pm on Channel 34, every Tuesday on Channel 35 at 9:00 PM...

...and for other times outside New York City (e.g. Portland, Duluth), as well as dozens of short films, visit www.bikeTV.org. We are always looking for volunteers and submissions. No experience necessary, just enthusiasm for riding bikes. We plan to cover TA's Bike Month 2006. For more info or to send feedback, please email Clarence Eckerson, Jr. at info@bikeTV.org.



5BBC Board Meeting Minutes

December 5, 2005. Attending: Ira Najowitz, Danny Lieberman, Barry Hartglass, Ed Defreitas, Mark Trainor, Bob Castro, Sharon Behnke, Brian Hoberman, Liz Baum, Beth Katz, Phil Goldberg, Peter Engel, Alfredo Garcia, and Jesse Brown.

October-November 2005 meeting minutes approved. Authorization for withdrawal of \$3k+ funds from bank account, when needed for 5BBC, by designated signatories Mark Trainor, Ed Defreitas, Ira Najowitz and Jesse Brown approved.

Programs: Barry Hartglass—General meetings set January-March. 2006. Day Trips: Danny Lieberman—Compiling year-end ride stats; ride schedule January-February 2006 set; \$225 for Leader patches approved. Bicycle Course: Jesse Brown—will assist successor Beth Katz during transition. Treasurer: Bob Castro—2006 club financials: \$10k income; \$5k sales item inventory, rough draft of 2006 projects given to the board via email. Will assist successor **Mark Trainor** for transition. Leadership Course Coordinator:

Manny Sanudo—First aid/CPR training available 1/28/06 or 02/04/06 with the American Red Cross, at their facilities. Office Manager: Phil Goldberg—Paper shredder will be acquired.

Communications Coordinator: Brian Hoberman—Displayed new membership card that will be mailed out to members who solely get Bicycletter online.. 2006 board member contact list will be compiled; Advisory posted on web bulletin board usage. Vice President: Sharon Behnke—outgoing officer congratulated elected board members. Liz Baum is new elected VP.

Newsletter: Peter Engel—thanked board for opportunity and privilege to work on Bicycletter; will assist incoming Editor Alfredo Garcia with next issue. Special Events: Liz Baum (for Ed Pino) presented Glen Goldstein's preliminary details for 2006 Montauk Century; proposed financial setup nearly to previous year with some changes. Motion to accept Glen's proposal with suggestions to increase revenue / refine transportation facilities approved 8-0-1. Club Jersey: Bob Castro—presented 2-year sales reports. Minimum number to reorder present jersey from current vendor: 20. Discussion ensued on possible club vest, jacket and long-sleeve jersey. Ad hoc jersey committee will be formed. Respectfully submitted by Jesse Brown, Recording Secretary.

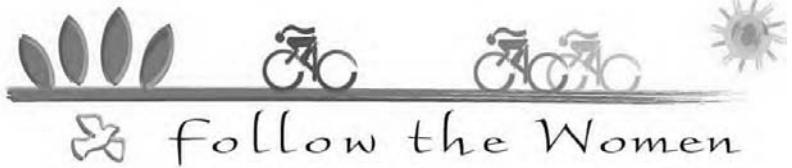
January 9, 2006. Attending: Jesse Brown, Bob Castro, Ed DeFreitas, Phil Goldberg, Mark Trainor, Ed Pino, Beth Katz, Barry Hartglass, Jim Zisfein, Manny Sanudo, Liz Baum, Danny Lieberman, Ira Najowitz, Andrea Mercado, Brian Hoberman, John Chiarella & Alfredo Garcia.

December 2005 Minutes approved 9-0. Bicycle Course: Beth Katz—will set up & staff 2006 schedule. Programs: Barry Hartglass—Reported total cost of holiday party was \$5,950; \$2,680 was taken in; club cost, \$2,732. Paid attendance: 115. Leadership: Manny Sanudo—Van certification class for Jan. 28. Six ride leaders applied. Red Cross First Aid/CPR class set Feb. 4. Leadership Course begins from May 25 to June 23, consisting of classes, day rides and weekend trip. Vice-President: Liz Baum—will verify Board members dues records and due dates of club's insurance payments. Day Trips: Danny Lieberman—thanked Board members leading 2006 Montauk Century & Metric training rides. Corresponding Secretary: Andrea Mercado—will provide revised Board contact list. Treasurer: Mark Trainor—distributed balance sheet and profit/loss statement covering 12/1/05 to 1/9/06. Special Events: Ed Pino—2006 Montauk Century online registration opened Jan. 5. Fifty-one sign-ups currently. Estimated projection: 1,850 riders. From LIRR: 1,500 guaranteed return tickets negotiated; no early morning bike access on trains from Penn Station to Babylon on event day. No Brooklyn check-in. Club Jerseys: Ad hoc committee meets Mon. Jan. 16. Standing Committees: Appointed Chairs: Nominations—Andrea Mercado, Budget—Mark Trainor and Audit—Danny Lieberman. Property Insurance Policy: Barry Hartglass—Club lacks specific current coverage for club property, computer software and property in our possession belonging to others. Projected coverage costs: \$650-\$750. Members-at-Large Tasks: Bob Castro: Jersey Committee Chair; Ted Kushner: Parliamentarian; plus update standing rules; Phil Goldberg: Office Manager & Club Historian (replacing Sharon Behnke); Jim Zisfein: Webmaster; John Chiarella: Routes; Ed Ravin: Computer troubleshooter. Reducing Board Meeting Load: President DeFreitas—with more issues discussed online, structure for enabling resolutions and/or decisions to be reached outside of meetings lacking. Suggested improvements. Life Membership: President DeFreitas—Ms. Elly Spangenberg, longtime leader, will be awarded 5BBC life membership. Meeting adjourned 8:27 PM. Respectfully submitted by Ira Najowitz, Recording Secretary.

PREVIEW 5BBC BOARD MEETING, FEB. 6, 2006: Minutes of January meeting approved.



Follow The Women: A Bicycle Ride for Peace



By Rhonda Wittorf

On February 6 in Manhattan Colleen McGuire—lawyer, cyclist, and peace activist—talked about a unique bicycle ride.

McGuire said that upon first hearing about “Follow the Women: A Bicycle Ride for Peace” she knew she would participate. The ride, brainchild of British activist Detta Regan, combines three of McGuire’s passions: feminism, cycling, and the pursuit of peace in the Middle East. McGuire has helped coordinate the event with Regan as a means of inspiring women to contribute their voices to the peace process.

On the inaugural April 2004 ride, female cyclists pedaled through Lebanon, Syria, and Jordan. Nearly 200 women participated in September 2005, with most riders coming from Europe and handfuls of Palestinian, Arab, and American women. In addition to riding to the above countries, the group also rode to Palestine, into the West Bank.

Traveling through war zones, the ride aims to raise international awareness of the impact of violence in the Middle East particularly on the lives of women and children, as well as promote understanding of how violence in that region affects people everywhere. One goal of the ride is to inspire and empower participants to take active roles in peace-making. Another goal was to promote the bicycle as the ultimate vehicle of peace, using no fossil fuels and promoting freedom of movement.

The objective was to bring women together from many cultures, creating a common learning experience and fostering mutual understanding. The ride

attracted media attention, but to McGuire’s chagrin was not covered by American media outlets.

McGuire hopes more Americans will participate in the April 2007 ride. She said Americans need to be more aware of how U.S. foreign policy affects the Middle East. She emphasized that the ride is not a “peace tourism junket,” but that it is intended for women who are committed to realizing peace in the Middle East who will return home and inspire others to be involved in grassroots efforts to find resolution to these conflicts.

Anyone interested in the 10-day April 2007 trip should email McGuire at colleenmcguire2003@yahoo.com. There is a \$150 EURO registration fee that covers food, lodging, transportation (some bus trips), and visa costs for countries visited. Participants pay their own airfare and bring/rent a bicycle. Their website www.followthewomen.com has not been updated.

Incidentally, the closest Arabic translation for the title of the ride is “Chase the Women.”



Riding to Palestine. Photo: Flore-Ael Surum.

From: 5BBC Jersey Committee For: You!

Re: Contest for a New Five Borough Bicycle Club Jersey!

Here’s your chance—members and non-members are welcome to submit a design for a new 5BBC short sleeve jersey. It’s time for something different, maybe classic, maybe abstract.

The winner, chosen by the Jersey Committee, gets \$200 and new club garment, with your winning design.

Guidelines:

- Design motifs must include the 5BBC name, logo and web address. Design should incorporate landmarks/icons emphasizing each of our five boroughs—Manhattan, Brooklyn, Queens, The Bronx and Staten Island. They should be on the front and rear of short sleeve jersey.

- Designs should not repeat current or past club jersey designs—the Statue of Liberty, the Manhattan skyline, diner coffee cup, etc.

- Design formats are to be presented either as hand-sketched art, full color photocopies or digital graphic files in jpg, pdf, computer assisted design software file, etc.

- Designs must be received by Wednesday, April 12, 2006. Submit email entries with attachments to info@5bbc.org or by regular mail to the club office. All entries are non-returnable and become property of the 5BBC.

You can even bring entries in person during to the March 21 5BBC general meeting or to 5BBC offices on Wednesday nights, between 7-8:45pm from March to April 12. Phil Goldberg will heartily accept them. Good luck and see you down the road.



5BBC
FIVE BOROUGH BICYCLE CLUB

**Memberships,
Trips, Classes
& Store**

General Information (Please print)

First Name _____ M.I. _____ Last Name _____ Apt. _____

Address _____

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 email 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 his or her 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.....XXXL
Ladies (Circle One)S.....M.....L.....XL.....XXL.....XXXL
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.....XXXL
Ladies (Circle One)M.....L.....XL.....XXL.....XXXL
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

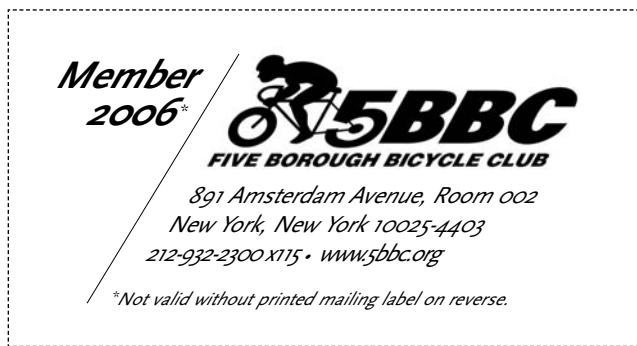
LAST CHANCE !!!
Get your coffee cup jersey while they last!
OUR STOCK WILL NOT BE REPLENISHED.

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 11235 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
Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (between 79 & 80 St.)
New York, NY 10021

(212) 794-2929
Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (b/w 87 & 88 St.)
New York, NY 10128
(212) 722-2201

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

Spokesman Cycles
49-04 Vernon Blvd.
Long Island City, NY 11101
www.spokesmancycles.com
Opening Spring 2006

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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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

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

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 – 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; \$100 discount for 5BBC members. Any riders putting a deposit before January 2006, can have the 2007 trip at a 2006 price (\$2,700). The dates are:

August 3 – 10

August 17 – 27

August 31 – September 10

Want to learn more? John Klemme.

Email: John@BikeSwitzerland.com.

Website: www.BikeSwitzerland.com.



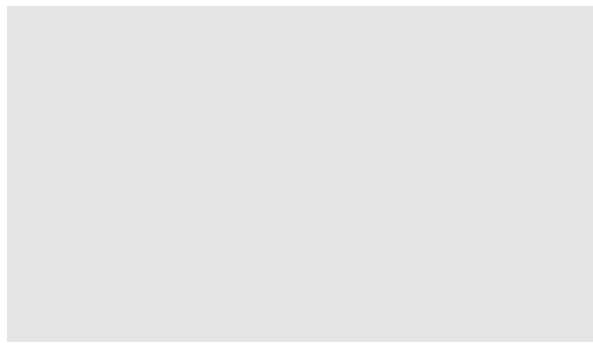
c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403

Address Service Requested

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



Photo: cyclistxxiii.



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.

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

Deadlines for submissions to the *Bicycletter* are usually the first day of the month prior to the issue. The deadline for submissions for the May-June 2006 issue is Monday, April 3, 2006.

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Bicycletter March-April 2006
Volume 16 • Issue 2

Editor: Alfredo Garcia
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.

Renew your 5BBC Membership

Renew now and it's good through December 2006. You can even do it online:
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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:

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Press 7 "Sports Clubs"
Then: Press 1 - Bike Club (5BBC)

After you press 1, for information you may:
Press 1 - Membership
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