

May–June  
2006

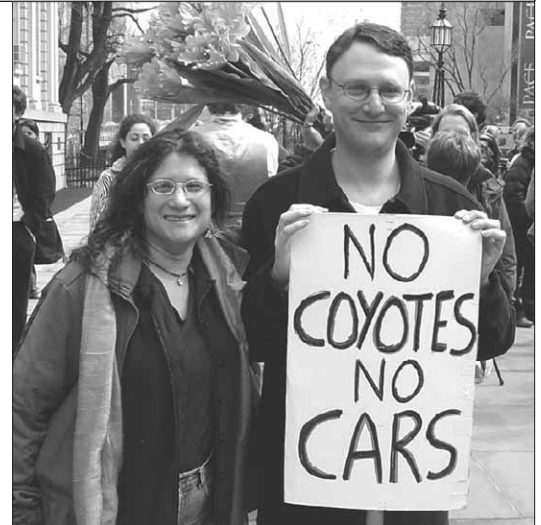
Volume 16 · Issue 3

# B I C Y C L E E R™

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



Climbing Churchill Rd. Westwood Training ride.  
Photo by Danny Lieberman.



March 2006: City Hall, Manhattan. Lee Ilan and Brian Hoberman at TA Rally for Car-Free Central Park.

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## May General Meeting

Wednesday, May 31, 6:30-8:00pm

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

### Inter-City Cycling Camaraderie

Speaker: Mr. Michael McGettigan, independent bicycle dealer and bike advocate in central Philadelphia.

His store, Trophy Bikes, carries road bikes, mountain bikes, cycle cross, fixed gear, city bikes, and a diverse stable of folding bikes, ranging from Jamis, Waterford, Independent Fabrication, Surly, Breezer, Dahon, Brompton, Bike Friday, Birdy Bike and Xooter Swift.

Michael is a board member of the Bicycle Coalition of Greater Philadelphia, a founder of Neighborhood Bike Works (a non-profit organization that seeks to increase opportunities for urban youth through bicycling), and organizer of the Philadelphia Folding Bicycle Festival (June 9-11, 2006). He is also a 100-mile centurion, with diverse interests that include piano tuning, drumming, and journalism.

If you have an interest in cool equipment or what the cycling community is doing from the City of Brotherly Love, please come. Light refreshments will be served.



**Summer begins June 21!**

## 5BBC Perimeter Series



In 1998, we offered what ended up to be our most successful ride series—the Perimeter Series. It's a set of five trips exploring The Bronx, Staten Island, Queens, Brooklyn and Manhattan.

The City of New York liked it so much, it was designated an Official Centennial Event that same year. 60-80 riders showed up, per ride, turnout well above an average 5BBC trip. Cyclists who completed the series got a commemorative patch.

We're gonna do it again. For five Sundays from June to August, we're going to see the "city on the edge." We are going to circumnavigate each of the five boroughs, one at a time. If you think you know the heart of the city, think about this. New York made it first as a port town. And a port makes its living where it meets the water.

So, let's get on our bikes and circumcycle the Big Apple. Give us five Sundays and we'll show you the city from a whole different view. If you complete all five trips, you get a patch. You'll never look at the Big Apple the same way again.

The Kick-off ride is June 25th with the Bronx, at Yankee Stadium. Check Day Trips listings. See you there.

Ed DeFreitas  
President, Five Borough Bicycle Club



Mr. President

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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, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC 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 cycling-specific helmet approved by ASTM 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.

### Bicycle Helmet Standards



“Snell” refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter

Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the toughest standards for helmets, especially for bicycling.

“ANSI” refers to the American National Standards Institute. In 1984, it set standards that adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until 1995. There are no ANSI-standard helmets today.

Current helmet standards are set by the Consumer Protection Safety Commission (CPSC), an independent Federal regulatory agency. CPSC standards for bike helmets replaced ASTM.

Please wear a CPSC or Snell bicycle-specific helmet on 5BBC rides. Bike helmets are to be replaced: a) when damaged in an accident; b) after 3-5 years, when helmets lose impact effectiveness.

For more information, visit the Bicycle Helmet Safety Institute, [www.bhsi.org](http://www.bhsi.org).

# Day Tripper



Danny at a Ganesh Hindu Temple in Queens.  
Photo by John Chiarella

For May and June, we're proud to present a dazzling selection of rides. We've got the easy ride to the cheesemakers. We've got rides to commemorate historic battles of the west. We've got scenic trips all over the Hudson Valley. We even have that ride to the World War II Submarine in Hackensack, the USS Ling. One notable new ride is geared for the youngest cyclists, even those who ride in child seats, burley trailers, or on kiddie trikes (see box below).

May, of course, is Bike Month, in New York City, and all around the country. Each year the New

York City Bike Month calendar, organized by Transportation Alternatives gets bigger and bigger with tons of selected events from all kinds of bike related (and non-bike too!) organizations. The 5BBC contributes a fair number but there's so much to look forward too. Be sure to get a printed copy of the calendar from TA, or visit the online edition at [www.BikeMonthNYC.org](http://www.BikeMonthNYC.org)

And if you think we at the 5BBC have a lot to do with Bike New York on May 7th and our own Montauk Century ride on May 21st, just take a look at the rides we have in store for June!

A wealth of brand new bike tours including a special guided tour of Woodlawn Cemetery in the Bronx, a new tour of the Bronx' greenways, and a special commemoration of a soldier who survived "Custer's Last Stand" at Little Big Horn.

And if you want to ride faster and stretch your legs look for a series of rides offered by Jonathan Friedman, who graduated in the 2005 Leadership class. Jonathan has taken Connecticut by storm and is leading tours of 67, 85, and 100 miles in the Nutmeg state.

Also this is the start of our Perimeter and Beach Bum rides. You'll see more details in the next issue.

Danny Lieberman  
Day Trips Coordinator  
[daytrips@5bbc.org](mailto:daytrips@5bbc.org)

## MONDAY, MAY 29th (Memorial Day) FAMILY RIDE TO THE LITTLE RED LIGHTHOUSE AND FORT LEE HISTORIC PARK

Meet at 8:45AM, Hippo Playground in  
Riverside Park

Located Near West 90th St and Riverside Drive,  
Distance is approx 13 miles

Young children in bike seats, trailers or tandems, and older children with strong legs and good cycling skills are invited to join their parents and other interested adults in a ride up the west side bike path to the little red lighthouse, where we will read the book *The Little Red Lighthouse* and the Great Grey Bridge, and then continuing across the George Washington Bridge for a picnic lunch at the Fort Lee Historic Park. Riders will have the option of returning via the bike path or Riverside Drive. Bring sunscreen, lunch and plenty of drinks for your family. Rain cancels. Please e-mail [tmcveigh@att.net](mailto:tmcveigh@att.net) if you think you will be joining us, or if you would like additional information.



Henry Chin & Tina McVeigh with daughter Elizabeth. Photo by Henry Chin.

Leaders: Tina McVeigh and Rachel Youree.

Useful links:

[www.lighthousemuseum.org/nylights/lred.html](http://www.lighthousemuseum.org/nylights/lred.html)  
[www.njpalisades.org/flhp.htm#Grounds](http://www.njpalisades.org/flhp.htm#Grounds).



## 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.mtanyct.info/customerselection.asp>. Weblink: [www.mta.nyc.ny.us/nyct/safety/bike/](http://www.mta.nyc.ny.us/nyct/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](http://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](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  
to 103 Street, 2 3 to 96 Street.

### **Bridgemarket**

Plaza on the Northeast corner  
of East 60 St and First Ave. and  
faces across the avenue the  
entrance to the Queensboro  
bridge in Manhattan. Subways:  
4 5 6 to 59 St, N R W\*) to  
Lexington Avenue.

### **Brooklyn Borough Hall**

Cadman Plaza at Montague  
Street, Brooklyn. Subways: A C  
F to Jay Street/Borough Hall, 2  
3 4 5 to Borough Hall, R to  
Court Street.

### **Central Park Boathouse**

East Drive in Central Park,  
Manhattan, just north of East  
72 Street entrance. Subways: N  
R W\* to 5th 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. Subways: C E to 23 Street  
and Eighth Ave.

### **City Hall**

City Hall just south of Chambers  
& Centre Streets, directly  
across from Brooklyn Bridge  
entrance, Manhattan, Horace  
Greeley statue. Subways: 2 3 to  
Park Place, R W\* to City Hall,  
4 5 6 to Brooklyn Bridge/City  
Hall, J M to Chambers Street.

### **Columbus Circle**

Central Park West at 59 Street,  
Manhattan, fountain at northeast  
corner. 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.

### **Doughnut Plant**

379 Grand St, SW corner of  
Norfolk St. Subway F train to  
Delancey St, J or M to Essex St.

\*W subway operates weekdays only

# Day Trips: May-June 2006

**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 Zisfein.

**Sunday, May 7th**

## **BIKE NEW YORK - NO RIDES TODAY!**

**Wednesday, May 10th**

## **☺ MANHATTAN EVENING RIDE**

(Rain Date Wednesday, May 17th)

6:45PM, Plaza Hotel, 18 miles

In celebration of Bike Month NYC, join us for the  
annual, fun, leisurely evening ride on Manhattan's  
Greenways/Pathways. We plan to go through  
Central Park, down the West Side Pathway to  
Battery Park, through the South Street Seaport and  
up the East Side and back to the Plaza. Bring  
pocket food, water, spare inner tube, and lights.  
Co-listed with the Weekday Cyclists in NYC and  
NYCC. Leaders: Trudy Hutter and John Chiarella.

**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.

## **☺ MOZZARELLA FRESCA RIDE**

10AM, Plaza Hotel, 20 miles

No, you are not dreaming, that really is fresh  
mozzarella being made for us by Carlos and Ysabel  
right before our eyes. And for lunch? Mangiamo  
Italiano, in their piccola Brooklyn Court Street  
deli. Bring lock and lunch money. Rain cancels.  
Leaders: Richard Sanford and Randy Horowitz.

**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 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.

## **ROCKAWAY GREENWAY ROUNDABOUT (Quick Spin)**

9AM, Brooklyn Boro Hall, 40 miles

This faster-paced ride will travel through the back  
streets of Brooklyn to the Greenway that surrounds  
Jamaica Bay, with a lunch stop on Broad Channel  
Island and a side trip to Breezy Point. Pace about  
16mph; Terrain: Breezy by the bay. Leaders: Danny  
Lieberman and Brian Hoberman.

**Saturday, May 20th**

## **☺ WANDERING TO WAVE HILL**

9AM, Columbus Circle, 30 miles

Enjoy an extended spring visit to a treasure in the  
Riverdale section of the Bronx: Wave Hill. Once a  
private estate, it is an oasis that overlooks the Hudson  
and the Palisades. (See [www.wavehill.org](http://www.wavehill.org)) To and  
fro, we'll be riding through a few picturesque parks  
in Manhattan and the Bronx. Note that we'll be  
riding for a few miles on poorly maintained paths.  
Bring a lock and lunch money. Leaders: Brian  
Hoberman and Ed Ravin.

**Sunday, May 21st**

## **CRANBERRY LAKE - BRONX RIVER PARKWAY BIKE/HIKE**

9AM, Jerome Ave and Bainbridge Ave, Bronx,  
(last stop #4 to Woodlawn), 40 rolling miles

40 miles of scenic Westchester County roads, bike  
paths, and a stop at a nature preserve where we'll  
take a short walk around a swampy lake in a quiet,



Clarence Eckerson, Jr. and our own Fred Jones, super volunteers at last year's Montauk Century. Photo by BikeTV.

forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as the neighboring bike paths, the ride is 44% car free. All paths are paved paths, suitable for road bikes. Bring appropriate walking footwear. Bring or buy lunch. Terrain: rolling with a few steep hills. Leaders: Ed Ravin and Brian Hoberman.

**Saturday, May 27th**  
**BRIDGES OF NEW YORK**

6AM, Chelsea Piers, 50+ miles

Gut challenging trip over 23 bike accessible bridges of our beautiful city. For strong cyclists with a well-maintained bike, will, discipline, stamina, and adapt to uncertainty. Be prepared to carry/push/walk bike and encounter possible Yankee fans on certain stretches. It can be done. Finishers receive commendation of achievement. We'll lunch at Dinosaur Barbeque at ride's end. Co-listed with NYCC and official TA Bike Month 2006 event. Leaders: Alfredo Garcia, Cesar Vasquez, et al.

**Sunday, May 28th**  
**LONG RIDE TO A SHORT PIER**

9AM, Plaza Hotel (5th Ave & 59th St), 50 miles

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

**Monday, May 29th (Memorial Day)**  
**☺ FAMILY RIDE TO THE LITTLE RED LIGHTHOUSE AND FORT LEE HISTORIC PARK**

8:45 AM, Hippo Playground, Riverside Park (West 90th St & Riverside Dr), 13 miles

Bring all the kids for this one, whether they're in child seats, trailers or on tandems. Older children

with strong legs and good cycling skills are welcome to join the parents and other interested adults in a ride up the west side bike path to the little red lighthouse, where we will read the book "The Little Red Lighthouse and the Great Grey Bridge." The ride will continue across the bridge to Fort Lee Historic Park for a picnic lunch before returning to Manhattan. Bring sunscreen, lunch and plenty of water for your family. Rain cancels. More details: see separate box on page 3. Leaders: Tina McVeigh and Rachel Youree.

**MEMORIAL DAY JAM RIDE**

9AM, Bridgemarket, 50 miles

Memorial Day, a day about remembrance and reflection. And a perfect day for a long ride though Queens and Brooklyn. Perhaps we will pass a number of cemeteries and through quiet parklands. Lunch stop at a friendly diner or possibly outdoors. Bring a camera, lock and \$\$ for lunch. Mostly flat terrain at a moderate pace. Leaders: Danny Lieberman and Mark Trainor.

**Saturday, June 3rd**  
**HIGGIES METRIC PLUS LOOP**  
(Quick Spin)

7:40AM, Grand Central Terminal, 67 miles

10AM, New Haven Metro North Union Station  
This hilly ride on scenic inland roads in southern Conn. leaves little opportunity to bail. Lunch stop at Higgies or a nearby store. Triangular route from New Haven, Portland-Middletown and Killingworth. Bring MTA Bike Permit, plenty of water, \$\$ for round trip train tickets to New Haven and food. Fast pace (16-20mph). Terrain is mostly flat but some hilly parts. Co-listed with NYCC. Leaders: Jonathan Friedman and Dennis Griffin.

**3500 FEET AND RISING**

7:25AM, Grand Central Terminal, 45 hilly miles  
8:50AM, Croton Harmon Station

Join us for this beautiful, but very hilly ride through northern Westchester. We ride through the Teatown Preserve, Chappaqua, Bedford Hills and other pleasant communities. While spinning on the hills (with cumulative climbing of 3,500 feet), we can look forward to homemade ice cream near the end. N.B.: Triples are highly recommended, bring a MTA Bike Permit and note that there's about a mile of riding on a hard-packed dirt road. Terrain: Hills, hills and more hills And did I say it was hilly? Leaders: Brian Hoberman and others.

*(Continued on page 6)*

**Day Trip**  
**Meeting Places**  
(continued)

**Eleanor Roosevelt Statue**  
**Riverside Park** West 72nd & Riverside Dr. Subway 1/2/3 to W 72nd St & Broadway

**George Washington Bridge Bus Terminal**  
George Washington Bridge Bus Terminal - Fort Washington Avenue at 178 St (northeast corner), Manhattan. Subways: A to 175 St, 1 to 181 St.

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

**Hippo Playground**  
Riverside Park near West 90th St & Riverside Dr Subway 1 to W 86th & Broadway

**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

**Metropolitan Museum**  
Museum Steps at 5th Ave & East 82nd St. Subway 4/5/6 to E 86th & Lexington Ave

**Pier 11**  
Wall Street and South Street Seaport, Manhattan. Subways: 2 3 to Wall Street, J M to Broad Street (weekdays only)

**Plaza Hotel**  
Fifth Avenue at 59 Street, Manhattan. Subways: N R W\* to 5 Ave, 4 5 6 B D E F nearby.

**Roosevelt Island Tramway**  
59 St and 2 Ave, in Manhattan. Subways: 4 5 6 to 59 Street, N R W\* to Lexington Ave.

**South Ferry**  
Auto ticket booth, Staten Island Ferry, ground level. Southernmost point of Broadway, at the foot of Manhattan. Subways: 1 to South Ferry, R W\* to Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

\*W subway operates weekdays only

## Day Trip Meeting Places (continued)

### Staten Island Boro 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.

### World Financial Center NY Waterway Terminal

North End Avenue, south of Vesey Street, World Financial Center, Battery Park City, downtown Manhattan. Subways: 1 to Chambers or Rector St, A C E to Chambers St/World Trade Center, 2 3 to Park Place.

### World Trade Center

PATH station entrance (top of stairs), Church St at Fulton St, Manhattan. Subways: A C E to Chambers St/World Trade Center, 1 to Chambers or Rector St, 2 3 to Park Place, 4 5 to Fulton St.

### Yankee Stadium

River Ave. & 161st St. Subways B, D, 4 to 161st St.

\*W subway operates weekdays only

## Regional Roundup

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.

### Fridays, May 5th, June 2nd, July 6th, August 5th, September 1st, October 6th

Moonlight Ride  
10PM, Columbus Circle

### Saturdays, May 13th, June 10th, July 14th, August 12th, September 9th

Prospect Park Moonlight Ride  
9PM, Prospect Park entrance at Grand Army Plaza

## Day Trips (continued from page 6)

### Sunday, June 4th

#### ☺ WOODLAWN CEMETERY TOUR

9AM, AYH (Amsterdam Ave & W103rd St), 30 miles

What do Irving Berlin, Robert Moses, Duke Ellington, Herman Melville, Fiorello LaGuardia, and Frank W. Woolworth have in common? Why, they're all resting comfortably at Woodlawn Cemetery, the final resting place for discriminating New York celebrities since 1863, in the northern Bronx. We visit not only the past but an outstanding venue for reflection, peace, and beauty. Bring \$3 for a group guided tour, locks and \$\$ for lunch. Leaders Jesse Brown and Ed DeFreitas.

### Sunday, June 4th

#### ☺ OLD RICHMONDTOWN, STATEN ISLAND

11AM, Staten Island Borough Hall, 25 miles (take 10:30am boat from South Ferry)

Join us for this late Spring ride to Old Richmond Town. Take time to explore some of the old buildings, there are 27 of them and many have been restored and are open for touring. Bring a lock and \$ for lunch. Terrain: mostly flat. For more information on Old Richmond Town go to: [www.historicrichmondtown.org](http://www.historicrichmondtown.org). Leaders: Jim Mallard and others.

### Saturday, June 10th

#### NEEDLE TO NEEDLE

9AM, 5th Ave & East 82nd St (Metropolitan Museum of Art), 50+ miles

1440 BCE: In ancient Egypt an obelisk is erected in Heliopolis. In 1881 Henry Honychurch Gorringe moves that same obelisk to New York's Central Park where it acquires the name "Cleopatra's Needle." July 1885, Gorringe jumps on a moving train and is killed. As a hero to his fellow Masons, he is buried on Mt Nebo near Piermont and a scale model of the needle is his memorial. We'll remember Gorringe by riding from Needle to Needle with lunch in Piermont. Bring a lock and \$\$ for lunch. No Ninnies, no bailouts. Leaders: John Chiarella and others.

#### ☺ VAMOS AL BARRIO (Spanish Language Tour)

10:30AM, Prospect Park entrance at Grand Army Plaza, 25 miles

Afraid you forgot all the Spanish you ever learned? We'll get you back in shape faster than you can say "Dos boletos para San Juan, por favor." Join us for

this "on hands" Spanish language tour of el Barrio, also known as Spanish Harlem. Your obligation? Pledge to speak the most Spanish you can, even if it's only one word. (We'll fill in the gaps.) Bring lock and lunch money. Rain cancels. Leaders: Richard Sanford and Jim Mallard.

### Sunday, June 11th

#### JAMAICA BAY QUEENS RIDE (Quick Spin)

9AM, Kew Gardens, 40 miles

This is the Queens version of the Jamaica Bay Loop, featuring the Belt Parkway bike path, Marine Parkway and Cross Bay bridges, and lunch at a bike friendly cafe in Forest Hills at the end of the ride. Fast pace (15+mph). Leaders Dennis Griffin and Jonathan Friedman.

### DAS BOOT (The Submarine)

9AM, AYH (Amsterdam Ave & W103rd St), 35 miles

Walk where the "Greatest Generation" trod by touring a WWII submarine in Hackensack, New Jersey. The USS Ling, SS-297, is maintained by the New Jersey Naval Museum ([www.njnm.com](http://www.njnm.com)). We go from the 21st century to 1944. Bring lock for bike, money for lunch and submarine tour (optional). History buffs, bring your curiosity. Leaders Ed DeFreitas and Jesse Brown.

### Saturday, June 17th

#### CLEARWATER HUDSON RIVER REVIVAL

7:30AM Sharp, Grand Central Terminal, 25 miles

Our 18th annual day-long sojourn at the dawn of summer's light to this classic folk festival returns with new vigor! The Sloop Clearwater was added to the National Register of Historic Places in May 2004 for its role in environmental awareness, and there's no better way to celebrate this achievement than with 5 stages of folk music, plus crafts, activism, juggling, song circles, non-stop dancing, souvenirs, and of course, food. We'll hop on Metro-North for a jump start to White Plains, then cycle to Croton Point Park for festivities. Who will be announced as this year's ride dedication recipient(s)? Scheduled performers include Holly Near, Black 47, John Gorka, Lucy Kaplansky, Dan Bern and more!

There's also FREE valet bike parking courtesy of our friends at Times Up! Limited admission discounts (\$25) for early arrivals will be available. Fest is rain or shine! Return to NY via train recommended but optional. Bring sunscreen, \$14 for train fare, MTA Bike Permit, and your favorite river songs. Leaders: Ted M. Kushner and Brian Hoberman and Bike21.

**Sunday, June 18th**  
**THE SUPERIMETER**  
(Quick Spin)

8AM, Doughnut Plant (Grand St and Essex St), 75+ miles

This is the newest and longest Perimeter ride: the combined Brooklyn and Queens ride. Follow the waterfronts around the edges. **Note:** the new starting point is near the Williamsburg Bridge. Travel light, bring water and pocket food. We will be riding at a pace of 17 mph average. Leaders Danny Lieberman and Mark Trainor.

**BRONX GREENWAYS TOUR**

9AM, AYH (Amsterdam Ave & W 103rd St), 45 miles

The Bronx Greenway tour offers an opportunity to see the Bronx as never seen before. Be amazed by the diversity and beauty of the Bronx. Staten Island is not the only forgotten borough. A true journey of discovery. Leaders Jesse Brown and Ed DeFreitas.

**Saturday, June 24th**

**MOODUS CRITERION LOOP**  
(Quick Spin)

6:40AM, Grand Central Terminal, 85 miles  
9AM, New Haven Metro North Union Station

This hilly ride on scenic inland roads in Southern Conn leaves little opportunity to bail. Triangular route from New Haven, Cobalt and Hadlyme/Lyme. We will cross the CT river by ferryboat (\$1).

Lunch stop at a diner in Moodus. Fast pace (16-20 mph). Bring MTA Bike Permit, plenty of water, \$\$ for round trip train tickets to New Haven and food. Face pace (16-20mph). Terrain hilly in parts. Leaders: Jonathan Friedman and others. Co-listed with NYCC.

☺ **BICYCLE BEACH BUMS #o (the Preview)**

9AM, City Hall, 35 miles

9:45AM, Prospect Park, 30 miles

The weather's heating up, it's not July yet, and you want to go to the beach. Whatta ya do? Do a ride to Neponsit Beach anyway! Of course, there are a few differences: this ride starts at City Hall, with a secondary starting point at Grand Army Plaza; the ride's on a Saturday, not Sunday; and there will probably not be any lifeguards on duty. But so what? At least it probably won't be sweltering yet. But who knows? Leaders: Brian Hoberman and others.

**Sunday, June 25th**  
**BRONX PERIMETER RIDE**

9AM, Yankee Stadium (River Ave & E161st St)  
8:30AM, Quick Spin group (18mph), 35 miles

This year the perimeter series will begin with the one borough on the mainland (The Bronx), and it begins and ends at Yankee Stadium. We'll conquer the wilds of Riverdale, touch on Westchester, pass by Coop City and Fort Schuyler and the isle of the unclaimed dead. Come Circumcycle The Bronx and get the first peg towards the series patch. Some hills. Leaders: Jesse Brown and Jonathan Friedman on the quick spin, Ed DeFreitas and others on the regular group.

**CUSTER'S LAST BIKE RIDE**

9AM, City Hall, 40 miles

Sunday, June 25, 1876: Lt Col. George Armstrong Custer spots a "Big Village" and dispatches messenger Giovanni Martini to Captain Benteen with the message "Big Village...Be Quick... Bring packs...." Martini is the only survivor of Custer's command from the "last stand" at the battle of the Little BigHorn with Sitting Bull and Crazy Horse. Martini, who relocates to New York, lives out his days as John Martin and is buried in Brooklyn. On the 130th anniversary of the battle the 5BBC will commemorate the event: we will plant the guidon of troop F, 7th cavalry and play Taps on an amplified iPod. Tennen Hut! Lunch at a diner, bring locks and the usual. Leaders John Chiarella and Danny Lieberman.

**Saturday, July 1st**

**NEW YORK CITY TO NEW HAVEN CENTURY (Quick Spin)**

7:15AM, Eleanor Roosevelt Statue (West 72nd & Riverside Dr), 100+ miles

This hilly ride takes a straight shot up NY-22 to Brewster and then cuts east on US-6 to Danbury and CT-34. Some portions on very heavily trafficked roads. Remember to ride single-file on road shoulders. Fast "A" pace (18-20mph). Bring MTA Bike Permit, plenty of water, \$\$ for return train ticket and pocket food. Terrain is very hilly. We will return to NYC by Metro North from New Haven. Co-listed with NYCC. Suggestion: buy return ticket in advance! Leaders: Jonathan Friedman and others.

*(Continued on page 9)*

**Regional Roundup**  
(Continued)

Information for the above rides:  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
These rides are night rides:  
Bring lights!

**Sunday, May 7th**  
**Bike New York**

8AM, Battery Park  
Information/Contact:  
[www.bikennyork.org](http://www.bikennyork.org)

**Bergen County Bike Tour**  
(rain date May 21st)

Information:  
[www.bergenbiketour.org](http://www.bergenbiketour.org)

**Sunday, May 21st**  
**Montauk Century**

5AM, Penn Station  
Organizer: Five Borough  
Bicycle Club  
Information:  
[www.5bbc.org/montauk](http://www.5bbc.org/montauk)

**Bloomin' Metric**

Information:  
[www.soundcyclists.com/Bloomin.htm](http://www.soundcyclists.com/Bloomin.htm)

**Saturday May 27th -**  
**Sunday May 28th**

Angel Ride  
Information:  
[www.AngelCharitableTrust.org](http://www.AngelCharitableTrust.org)  
Contact: Lynn McCarthy  
860-227-065

**Saturday May 27th -**  
**Monday May 29th**

New Hope Weekend Trip  
(Fast 'n' Fabulous)  
Information:  
[fastnfab@yahoo.com](mailto:fastnfab@yahoo.com)

**Saturday, June 3rd**  
**Queer History Bike Tour**

(Fast 'n' Fabulous),  
rain date June 4th  
10AM, Loeb Boathouse,  
Central Park  
Information:  
[fastnfab@yahoo.com](mailto:fastnfab@yahoo.com)

**9th Annual Pedal to Preserve**  
**Bike Tour (Lancaster, PA)**

Information/Contact:  
[www.lancasterfarmlandtrust.org/pedal.html](http://www.lancasterfarmlandtrust.org/pedal.html)

**Sunday, June 4th**  
**Tour de Brooklyn**

Information:  
[www.tourdebrooklyn.org](http://www.tourdebrooklyn.org)  
Contact: [info@transalt.org](mailto:info@transalt.org)

## Regional Roundup (Continued)

### New York City Tour de Cure (ADA)

Information:  
www.diabetes.org/tour  
Contact: Marci Marchfeld - 212-725-4925 x3412

**Bike Boat Bike** (Suffolk Bicycle Riders Association)  
Information: www.sbrweb.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

### Friday, September 1st -

### Monday, September 4th

### HAZON - New York Jewish Environmental Bike Ride

Information:  
www.hazon.org

### Saturday, September 9th

### AIDS Ride For Life (Century ride in Ithica, NY area)

Contact: Southern Tier Aids Program Information:  
www.stapinc.org/

## Day Trips (continued from page 7)

### Sunday, July 2nd

### AROUND AND OVER THE HUDSON

8:45AM, City Hall, 43 miles

9:15AM, South Ferry or 10AM,

St George Ferry Terminal

See NYC from a ferry, the Liberty State Park & Hoboken. Then stretch your legs along a long shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to N.Y.C. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian and Eastern Europe. It's all on one Amsterdam Ave. block. Then, we'll follow the Hudson River line (really, ask Ed why.) back down to City Hall. Bring a lock & \$ for lunch. Pace 12-15mph. Terrain: Mostly Flat with one !@#%^&\* Hill. Leaders: Ed DeFreitas and others.

### ☺ BICYCLE BEACH BUMS #1

10AM, Prospect Park, 30 miles

If it's Sunday then this must be the ride to the beach. Which beach? Well, we usually keep the route short

so we can sit by the waves for an hour or two before riding back. Our favorite spot is still Neponsit Beach in the Rockaways, an easy jaunt from Prospect Park, and we head out every Sunday until the end of August. Pack your towel and beach gear if you like along with the usual stuff: lock, sunblock, water and lunch, or you can buy it along the way. Leaders to be announced in the July-August *Bicycletter!*

### Tuesday, July 4th (Independence Day)

### INDEPENDENCE JAM 2 (The Sequel!)

9AM, Bridgemarket, 50 miles

Last year we went to City Island on Independence Day and had a great time. This year we'll visit a different part of the city but we hope to have just as much fun getting there and coming back, and with luck we'll cover 50+ miles. Remember to bring plenty of water and sun block, maybe some snacks along with your cable lock and camera. Leaders: Danny Lieberman and Ira Najowitz.

## A Letter to My Riders and Friends of the 5BBC

By Liz Baum, 5BBC Vice President

I have been an active member of the 5BBC for over eight years. I have never written an article, but have been asked to do so on some very important issues. So I will give you my wisdom and experience on health, safety, food, water, and clothing regarding enjoying your day as a rider.

Riding without a spare tube is like riding without food, do you get me? I came to many rides where my riders do not carry a spare tube and other bike gear. So when the flat comes they are left at the mercy of others for help. So help yourself, bring a spare tube, a patch, pump, so that you can ask for help. But have what you need for others to help you.

Food for yourself is not any different. Eat something before you leave and bring some fruit, breakfast bar, goo, whatever you can eat in a pinch so that you don't go flat. Hydration—be prepared on the coldest day to the warmest day. We need water, juice, energy drinks, whatever makes you feel comfortable, I like a camelback, easy to fill, and always able to stick food, and supplies inside, like a jacket, I can remove it and have a place to stick it.

That leads me to clothing. What's with clothing? I learned the hard way, when someone kindly loaned me a jacket, sore rear end, needed some padding. I ride now with a small hard saddle, and the padded bike shorts work wonders. I like to keep a tee shirt in the summer to douse with water, and a kerchief for a wrap, or neckband to prevent sunburn, Oh and does that mean sunscreen, you should be

wearing it now, early spring can be the worst time since you don't expect it, but you burn all year round, and those wearing sandals, your feet, feet, feet. Bike gloves as well, will leave you with some strange designs on your hands; some people were afraid to shake my hand, thought I was diseased.

SAFETY ISSUES- I call this bicycling defensive driving, for those driving cars you know always be prepared. I know that on a wonderful summer's day, I like to daydream and ride, but that's like falling asleep at the wheel, of a car. NOT GOOD. Be aware! Helmet- makes sure it fits, and if it is over three years old; get a new one. I learned to ride in traffic with the 5BBC, I used to dismount and walk my bike across streets, I was so afraid but now I ride like a motorist, observe traffic laws, stay in my lane and ride straight, do hand signals when making turns, stopping and slowing.

Remember when making turns, cars make right turns and sometimes we go straight, and then we go crunch, we need to be aware of turns and making a left turn. Don't try to beat out a car. When making turns watch out for gravel, holes, sand, dirt, and cars parked, as well as glass on the roads, those flats come quickly. When in the bike lane or riding by parked cars, leave four feet from a car door. Dooring is a serious problem and car owners think we are wrong... well we are not. Remember to check out your tires, brakes and spokes. And be prepared to HAVE FUN, FROLIC and HAVE A FANTASTIC DAY WITH US! SEE YOU ON A RIDE OKAY-Liz.



# Living to Ride Another Day

By Kent Mark

After riding on numerous 5BBC rides, I observed questionable conduct by cyclists on the road. Included are things like skipping red lights, passing others on the right instead of the left, failing to yield to pedestrians, taking more than one lane of traffic, riding ahead of the “Point” leader, etc.

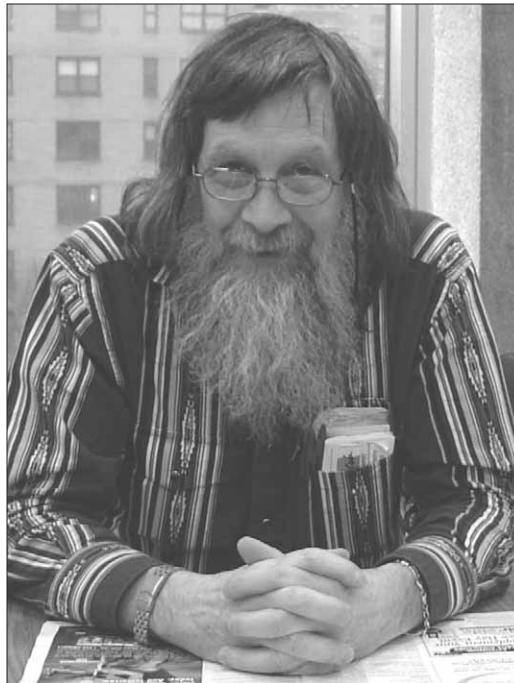
While I would be the first to state that not all laws apply to all people regardless of what has come to be commonly accepted, I believe that most “traffic laws” do apply to most people if only by presumption of capacity, but perhaps more importantly because of safety and courtesy. Motorists have been told that bicycles are vehicles and have come to expect that cyclists will conduct themselves within these laws, while at the same time those motorists often violate numerous laws as related to the cyclist.

Cyclists speak about their rights on the road and the deprivation of those rights by others including but not limited to motorists. But what I don’t often hear is a discussion of responsibilities related to these rights. Seldom if ever to I hear anyone speak about the foundation behind the conclusion that unacceptable conduct by others is a justification for unacceptable conduct by cyclists. It is my opinion that such a foundation is seriously flawed.

As people become more assertive, we are faced with a society controlled by statutory codifications commonly called laws. I would think it prudent that we exercise common sense as cyclists and that we concern ourselves with both safety for others and for ourselves while exercising common courtesy. If more people were responsible for their own actions, we would need fewer laws and would not be so concerned about theories of liability.

I agree that it can be both time consuming and annoying to constantly stop for red traffic signals especially under certain circumstances at intersections in isolated areas. However, once exception is made for whatever reason, it tends to become the norm. As I have observed, as a consequence, a poor example is set for the trippers, especially the less experienced trippers, who then take chances that can be life-threatening in an effort not to be left behind. While it has been made clear that trippers are responsible for their own conduct, it makes little sense to provide a safety talk prior to the ride when most often the conduct on the ride does not match the spoken word. I believe we need that safety talk and follow-through on a ride thereby setting a good example.

For the most part, we exist in a geographic area with a very large population. There must be some order



Kent Mark

in the interest of preventing total chaos. Stopping at red traffic signals, giving others the right of way, not blocking junctions, respecting pedestrians, passing on the left rather than the right, and countless other parameters within which we should ride would set an example for others. Many people have made a sincere effort to advocate for both cyclists and cycling. I believe it is important that we not undo this good work. Further, by exhibiting proper conduct and holding ourselves to a higher standard, we have the ability to raise the awareness of others. If you want to exercise your right to freedom, I believe you must accept the attendant responsibilities.

I present nothing new in this writing and nothing that hasn’t been repeated many times over. However, by nature we have short memories and must be constantly reminded.

Should you agree or disagree with the conclusions of this writer, I am sure that both the *Bicycletter* editor and 5BBC webmaster would welcome your comments. We can serve as cycling emissaries while helping others to conduct themselves in a safer and more courteous manner, thereby living to ride another day.

*Kent Recommends:*

Round Up Small Wheel Folder Bike Fest to be held in Philadelphia on June 9, 10, and 11, 2006. Speakers, rides and competition events. For further info, visit: [www.trophybikes.com/events](http://www.trophybikes.com/events) or email

## Regional Roundup (Continued)

**Sunday, September 10th**  
**NYC Century Bike Tour**  
(Transportation Alternatives)  
Information:  
[www.nyccentury.org](http://www.nyccentury.org)  
Contact: [info@transalt.org](mailto:info@transalt.org)

**Friday, September 15th -**  
**Sunday, September 17th**  
**Braking the Cycle**  
Information:  
[www.brakingthecycle.org](http://www.brakingthecycle.org)  
Contact: Blake Strasser,  
212.989.1111  
Email:  
[bstrasser@globalimpactpro.com](mailto:bstrasser@globalimpactpro.com)

**Saturday, September 16th**  
**Pedal for People: The ride to**  
**end hunger in Rockland County**  
Information:  
[www.pedalrockland.org](http://www.pedalrockland.org)  
Contact:  
[info@pedalrockland.org](mailto:info@pedalrockland.org)

**Sunday, September 17th**  
**The Golden Apple**  
[www.westchestercycleclub.org](http://www.westchestercycleclub.org)  
888.777.8229;  
[MichaelMMiller@optonline.net](mailto:MichaelMMiller@optonline.net)

**Mid-Hudson Bicycle Club**  
**Century**  
[www.midhudsonbicycle.org](http://www.midhudsonbicycle.org)

**Ride For Missing Kids**  
(Monmouth Cty, NJ)  
Information: Kari Buck  
[kbuck@ncmec.org](mailto:kbuck@ncmec.org)  
Contact: (212) 297-1723

**Saturday, September 30th**  
**Twin Lights**  
[www.bikenewyork.org](http://www.bikenewyork.org)  
[info@bikenewyork.org](mailto:info@bikenewyork.org)

**Sunday, October 1st**  
**Tappan Zee Bike Tour for MS**  
[www.tzbiketour.org](http://www.tzbiketour.org)  
(914) 694-1655

**Pumpkin Patch Pedal**  
[www.sibike.org](http://www.sibike.org)  
Info: [mpirone@aol.com](mailto:mpirone@aol.com) or  
[ronaldona@msn.com](mailto:ronaldona@msn.com)

**Saturday, October 7th**  
**Seagull Century**  
[www.seagullcentury.org](http://www.seagullcentury.org)

**Saturday, October 7th -**  
**Monday, October 9th**  
**Bike for SCORES**  
[www.bikeforSCORES.org](http://www.bikeforSCORES.org)  
212.989.1111  
[bstrasser@globalimpactpro.com](mailto:bstrasser@globalimpactpro.com)

## Regional Roundup (Concluded)

**Sunday, October 8th**  
**Harvest Ride/Sound Cyclists**  
www.soundcyclists.com/  
Harvest2.htm

**Saturday, October 14th**  
**Escape New York Century**  
www.nycc.org/rides\_eny.shtml  
enyinfo@nycc.org or  
moreinfo@nycc.org

**Sunday, October 15th**  
**The 22nd Annual MS Bike Tour -  
New York City**  
www.msnycc.org  
msbiketour@msnycc.org  
212-463-7787

**Sunday, October 22nd**  
**Tour de Bronx**  
The Bronx Borough President  
and Transportation Alternatives  
www.tourdebronx.org  
info@transalt.org

## Bicycle Film



## Festival

**May 10-14, 2006**  
**Anthology Film Archive**  
32 Second Ave. (at 2nd St.)  
In Manhattan

### Featured World Premiere Movies

**B.I.K.E. May 11**  
Jacob Septimus and Anthony  
Howard's film on New York  
Chapter of the Black Label  
group, creating unusual bikes  
from mainly salvaged parts.

**M.A.S.H. May 12**  
World of fixed gear bicycling,  
directed by Mike Martin &  
Gabe Norford

**Pedal May 13**  
Peter Sutherland's  
documentary of the fast life of  
Big Apple bike messengers  
Plus your favorite classics.  
Call (212) 505-5181 or visit  
www.bicyclefilmfestival.org

# 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](http://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](mailto:weekends@5BBC.org)

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### *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: May 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 across 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 scenery. Still, not everyone is up for biking 140 miles from Manhattan to Montauk in one day. Now, we've got your solution accomplished in two! Saturday morning, you'll start peddling 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 overnight bag. At about the 80-mile point, we'll gather for a fine dinner together, then bed down for the evening at a motel. Sunday

morning, we'll join the throng for the rest of the route out to Montauk, about 65 miles, enjoying all the tour's services along the way. After you arrive, just hop in our van and we'll take you, and your bike and gear, back to New York in style.

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### *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: May 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.

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### *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: May 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. 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](http://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](http://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: \$145

Early discount deadline: May 10. Discount price: \$135

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**

August 4-6 – *Note new date!*

(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)*



**“Bicycling is a journey.”**

*Anonymous*

**“My bike takes me places that school never could.”**

*from a sticker on a bicycle*

**“Think of bicycles as rideable art that can just about save the world.”**

*Grant Petersen*

*Rivendell Bicycle Works*

**“The bicycle was the first machine to redefine successfully the notion of what is feminine...to symbolize something precious to women—their independence.”**

*Sally Fox*

*Bike Exhibit Curator*



**“Bicycles may change,  
but cycling is  
timeless.”**

**Zapata Espinoza**

Off Road cyclist, editor of  
several mountain bike  
publications

**“Melancholy is  
incompatible with  
bicycling.”**

**James E. Starrs**

Author of the *Noiseless Tenor*,  
*The Bicycle in Literature*

### Did You Know?

Jeanna Clament of  
France lived to be 122  
years, was documented  
to be the longest-  
lived person. She rode  
her bicycle until she  
was 100 years old.

## 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: \$220

Early discount deadline: July 1; Discount price: \$198

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke, Andrea Mercado

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.lancasterbikeclub.org](http://www.lancasterbikeclub.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 brook-side 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 "escape" 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. 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

9/2 - 9/11, 10 days w/8.5 days cycling.

Meet Saturday, depart Monday.

Trip No. LTSF

**Space available: approximately 12 people**

Price \$985; deposit of \$300 required (100% refunded if trip cancels). Participants arrange own air transport

to Sacramento/SMF, from Sacramento or Reno

Transportation: Free wheeling cycling point-to-point (luggage always transported on bicycling days).

Lodging: Victorian mansion hostel, motel, condo, B&B

Trip rating: A/B

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

Leader: Susan Rodetis

Breathtaking vistas and terrain, awesome experiences, and lots of fun await us. Start cycling in Sacramento environs, including historic Old Town on the river, holiday festivals, Fort Sutter (supplied early settlers), the scenic Sacramento River delta and settlements. Then roll along the lovely American River Bike Trail (greenway) to the Sierra foothills. Tour Gold Rush country (and spelunk a gold mine), cycle past lush vineyards (plus visit one), pedal through awesome valleys and along gorgeous lakes and rivers. We'll follow emigrant trails & Pony Express

routes, and soak in one of the many natural hot springs. End with 2 days in beautiful Lake Tahoe, capped by the Tour de Tahoe, noted by *Bicycling Magazine* as one of the most beautiful rides in America. *NOTE:* This is a most wonderful 1-time trip, and is a terrific value with 50% more days cycling, at about 1/2 the daily cost, of available tours. Includes lodging 9/2-9/10; breakfast/dinner 9/3-9/9; daily cycling & cue sheet with 5BBC leader; Tahoe cycling event, t-shirt & patch; winery & gold mine tour fees. Please indicate interest and/or book early, as trip cancels mid-summer if insufficient commitments. For additional info or ?s, contact Susan Rodetis directly [srodetis@earthlink.net](mailto:srodetis@earthlink.net)

### *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 dayglow 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 newsletter.
- 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](http://www.5bbc.org), and mailing it to the 5BBC, 891 Amsterdam Ave., New York, 10025. Or you can register online at [www.active.com](http://www.active.com). When registering by mail, you may enclose just a deposit (exact amount listed with each trip), but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip. When registering online a small fee applies, and you must pay the full amount up front.
- 3) 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.
- 4) Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail [weekends@5bbc.org](mailto:weekends@5bbc.org).
- 5) Full recitation of weekend trip rules can be found on our Web site, [www.5bbc.org](http://www.5bbc.org).

## **5BBC Bicycle Course**

### **How to Fix a Flat**

Wed., May 24, 2006

Time: 7:00 PM

Place: Hostelling International, 891 Amsterdam Avenue (at 103rd Street), Manhattan

Instructor: Rich Conroy

Bring your bike with you to this bicycle repair class. Brush up on your repair skills before the warm weather is here. Includes basic bike repair and "on the road" repair skills. Class fee includes beautifully illustrated 160-page bicycle repair manual, patch kit, and individual attention in a hands-on setting.



Lynne Kantor, right, celebrated her 10th year of bicycling on a 5BBC training ride to Northvale.



## **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](http://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](mailto:info@bikeTV.org).



Our own John Chiarella and bikeTV's Clarence Eckerson, Jr. at last year's Tour de Brooklyn. Come ride this year, on June 4. Photo by bikeTV.



**“Nothing compares to the simple pleasure of a bike ride.”**

*John F. Kennedy*  
US President

**“You keep riding because you enjoy riding the bike...it’s a whole lot of fun.”**

*Erik Zabel*  
Pro Racer, Germany

### Did You Know?

Muhammad Ali had a bicycle stolen at a young age. He went to the local police vowing to “whup” the thief. He joined a gym and learned the “sweet science” of boxing. We lost a Cyclist but gained a remarkable & multi-faceted Boxer, who became the Heavy-weight Champion of the World, known affectionately as “The Greatest.”

## 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

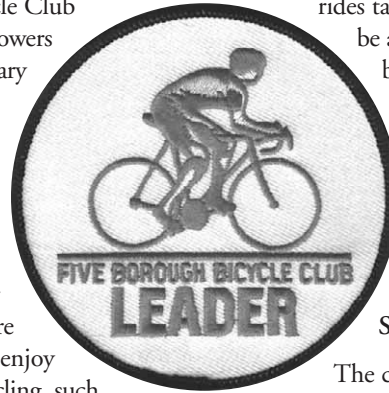
Three day rides: Saturday, June 3, Sunday, June 11, Saturday, June 17

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](mailto: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



## Musings of a Bicycletter Man.

Hey, this issue is so packed that I’m packed away here! Enjoy this issue as well as the rides offered. Articles by Liz Baum, Kent Mark & Peter Engel offer food for thought. Cycling is good for health, exercise and fun. But there’s a responsibility aspect that we all need to follow. Check out the bike art page (17). Have a great time at Bike NY and Montauk.

Alfredo Garcia  
Editor  
*Bicycletter*



# Peter's Most Excellent Critical Mass Adventure: Wanna Join Me in Court?

By Peter Engel

Ever since the 2004 Republican National Convention, the cycling community has been very aware of the growing antagonism between the monthly Critical Mass riders and the City of New York. That has included hundreds of arrests.

When New York State Judge Michael D. Stallman ruled in mid-February that the police couldn't arrest anyone for meeting, participating in, or promoting Critical Mass, I thought "the coast was clear" and decided to join the February 24th CM ride. My attitude was simple – it's been awhile and I wanted to see for myself what would happen.

On that freezing night, I met up with Bicycletter editor Alfredo Garcia. We saw the clear presence of the New York Police Department, hovering at all ends of Union Square. We also saw, among other media, Lou Young of WCBS-TV Channel 2 and his crew. They must have sensed a story was brewing.

We started out on Park Avenue South just after 7:30 pm and proceeded down Broadway, where Alfredo and I got separated. The group then made right turns on Canal Street and Sixth Avenue, through Greenwich Village. In Chelsea, the ride turned left, over to Eighth Avenue. The fun began there, when the NYPD started grabbing riders.

The CM turned right on West 24th, then up Sixth Avenue. The mood was feeling much more ominous. All the while, we were being paced by Ford Explorers, both unmarked and with NYPD insignia. There was a steady pace of green lights on Sixth Avenue. It was a little before 8:00 pm when I crossed 28th Street. One of the unmarked Explorers was to my left. I saw that the ride was turning right at 30th Street. I presumed I would do the same.

Before making the turn between 29th and 30th Street, I was tagged from behind by a man emerging from an unmarked Ford Explorer that I knew to be a police vehicle. He did not use enough force to eject me from the bike, but it did stop me.

The man did not identify himself as a police officer but yelled that I was "under arrest." He then asked for identification, and I gave him my driver's license. I was then ordered to the sidewalk, where another officer stood next to me. The "arresting" officer took my driver's license into a van parked at the corner, just by the police station. In there, he conferred with other cops. There was confusion for a few minutes as World Carfree Network observers asked whether I was under arrest. I said I didn't know.

Based on media coverage I had seen of earlier CM rides, I thought I had recognized the cop who tagged me as NYPD Assistant Chief Bruce Smolka, Commanding Officer of the Patrol Borough, Manhattan South. I asked one of the observers if the officer was indeed Smolka. He confirmed that it was.

Smolka disappeared after leaving the van. About 15 minutes later, a uniformed patrolman gave me a \$200 summons for "Disobey Steady Red," a violation of Section 1111, sub d1 of the N.Y.S. Motor Vehicle code. The ticket was issued by the patrolman, not Commander Smolka. It says the offense happened "N/B 6th Ave. & 30th St." I was told that this was a moving violation and if convicted, it would detract points from my driver's license. What a fun night this was turning into. Looking at this ticket, several things bother me:

- I actually didn't run any red lights. The ride respected those laws on 6th Avenue, mainly because we were riding alongside the NYPD.
- I never even made it to 30th Street, where there was a green light, before I was grabbed. How can the summons say I ran the red light at 30th Street?
- If the patrolman who issued the ticket didn't witness me riding through the red light, was his citation legitimate?
- Why was I told I was under arrest, then only given a ticket?

And finally, was it really necessary to grab me from behind? I would have responded to a verbal command. I'm sure the legal observers of World Carfree Network in Times Square would have also. Did Smolka really need to walk up to them, coffee cup in one hand, and upend that young lady by grabbing her bike chain? I'm sure you saw the video from Channel 2. Everyone's been passing that one over the Internet. Thanks, Lou Young.

I honestly have very mixed feelings about what occurs during the CM. In fact, I dislike the general lack of respect for traffic laws or motorists shown during the rides. Many CM participants would be told to leave any Five Borough Bicycle Club ride for their behavior.

If this "cat and mouse" game keeps up between cyclists and the NYPD, someone is going to get seriously hurt. There's really no reason why that has to be. CM really needs to get organized and quit with the "we have no leaders" façade. Does it really matter whether that infrastructure comes from Times Up! or some other group? I think that this is the only way to get the City and the police to take a more reasonable stance and keep Critical Mass from descending into a sad, frustrating and dangerous waste of time.

As you probably guessed, I have pleaded Not Guilty. Putting political and civil rights issues aside, the light was green and I didn't break the law. My court date is August 10, 4:30pm on Rector Street. Anyone is welcome to come on down while I wait. I'll write again after my day in court.





This "mask" was found on a Queens USPS mailbox, near the Triborough Bridge.



People Riding Bikes,  
**GIVE THE DOOR FOUR—**  
stay four feet from the  
side of a car, so you'll  
stay a safe distance  
from a possible open  
door.

People driving cars,  
**LEAN LEFT AND LOOK—**  
**BEFORE YOU LEAVE**  
**YOUR CAR—**watch  
behind you before you  
open your door to an  
oncoming cyclist.

Nobody intends to be  
involved in an accident.

## 5BBC Board Meeting Minutes

**February 6, 2006.** Attending: Beth Katz, Mark Trainor, Ed DeFreitas, Liz Baum, Ed Pino, Barry Hartglass, Ira Najowitz, Danny Lieberman, Phil Goldberg, Bob Castro, Brian Hoberman, James Zisfein, John Chiarella, Steve Sakson, Alfredo Garcia, & Jesse Brown.

**January 2006 minutes approved.**

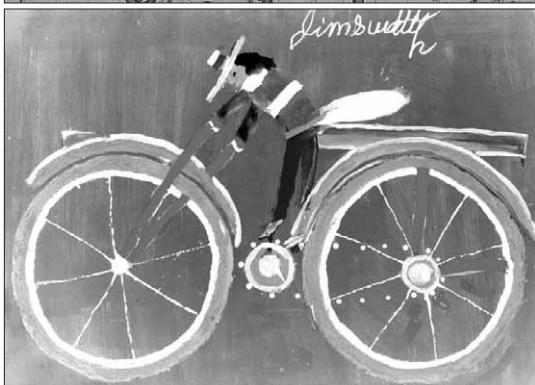
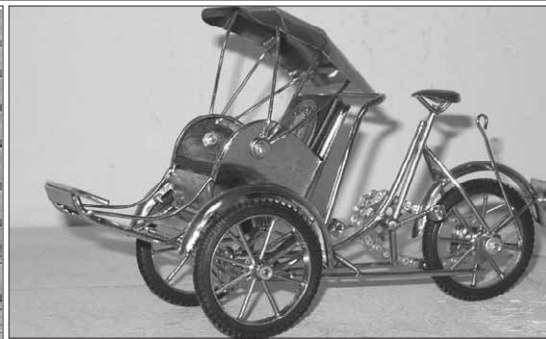
**Communications:** Brian Hoberman—100 people signed for 5BBC Bulletin Board. About 1,000 emails received. Member At Large Phil Goldberg reports current membership approximately 1,400; **Special Events (Montauk):** Ed Pino—Montauk Century progress report emailed to board; 186 registrants currently; red wrist bands will be worn by those purchasing LIRR transportation; while those wearing green wristbands will not; LIRR fare increased \$4 from last year; Return of 1,500

Montauk participants via LIRR with be in staged sequence; Additional people will return by buses contracted by Ed and Glen Goldstein; **Treasurer:** Mark Trainor—presented Financial Report. **Bicycle Course:** Beth Katz—March course class will be "On Buying a New Bicycle" conducted by Rich Conroy; April course will be a Flat Fixing class presented by Jesse Brown. **Programs:** Barry Hartglass—informed board on upcoming general meetings. President Ed DeFreitas complimented Barry for his efforts. **Website:** Jim Zisfein—5BBC web in "A" okay shape. **Weekend Trips:** Steve Sakson—presented 2006 Weekend Trip Budget to Board. **Newsletter:** Alfredo Garcia—next issue will be 20 pages, sent via volunteer mailing party. **Day Trips:** Danny Lieberman—Scheduled 21 Montauk training rides; includes "L" series rides in March; Expressed appreciation to participating leaders. **Club Jersey:** President Ed DeFreitas & Member At Large Bob Castro—new Jersey design contest specifics sent via email. **Computer:** President Ed DeFreitas—discussed software upgrades for club desktop. Humbly submitted, Jesse Brown, Recording Secretary.

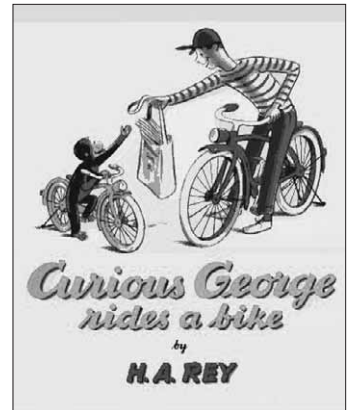
**Mar. 6, 2006. Attending:** Ed DeFreitas, Ed Pino, Liz Baum, Danny Lieberman, Jim Zisfein, Mark Trainor, Ira Najowitz, Barry Hartglass, Beth Katz, Phil Goldberg, Jesse Brown, Bob Castro, Brian Hoberman, Andrea Mercado, Steve Sakson, John Chiarella, and Alfredo Garcia. Meeting started 6:34pm. **Minutes of February meeting approved.** **Special Events (Montauk):** Ed Pino—as of March 4, sign-ups / revenue are far ahead of 2004 & 2005 figures on that date; Current registration total reached last year's 4/27 figure. Record turnout expected this year; Montauk jersey, socks, t-shirt are selling briskly, expecting to sell out; Planned route and rest stops in place; New Westhampton rest stop—Marina or junior high school location; REACT vehicle will be at church (former rest stop) to alert riders of change. All necessary contracts (including LIRR) finalized; Montauk postcards

distributed to bike shops; Supercaptains assigned and volunteer corps staffed; Volunteer wait list started. **Day Trips:** Danny Lieberman—reported light turnout on early rides due to bad weather; Seven 5BBC rides submitted for May 2006 Transportation Alternatives Bike Month NYC. **Website:** Webmaster/Member At Large Jim Zisfein—recommends more server space; club website is near capacity; **Treasurer:** Mark Trainor—Distributed and reviewed current financial statement. **Leadership:** On behalf of Manny Sanudo, Mark announced five leaders passed Van Certification class held on 2/11—Heidi Benzinger, Cesar Vasquez, Randy Horowitz, Liz Baum and Ed Pino. **Programs:** Barry Hartglass—February General Meeting at BID, guest Adam White discussed NYS Vehicle Traffic Law, no-fault insurance, his recent cases and advocacy work, relating to cyclists; March General Meeting at HI-AYH with guest Joshua Poppel, Executive Director, New York Bicycling Coalition (NYBC), will speak on NYBC's activities/advocacy; Barry received emails from New York Cycle Club President Carol Waaser and Westchester Cycle Club President Bruce Wilson, will send their reps to meeting; April General Meeting at Lenox Hill Community Medical Group, courtesy of Jim Zisfein. Guest speaker: Dr. Gloria Cohen, sports medicine physician. **Office:** Member At Large Phil Goldberg—Current 5BBC stats: 1,478 members, 207 family members; 1,071 members receive weekly emails; 350 receive PDF newsletters; 94 new members via active.com in February. **Recording Secretary:** Jesse Brown—Let's encourage Major Taylor Bicycle Club (about 700 members) to participate in 5BBC rides/events. **Communications:** Brian Hoberman—non-renewing members received email notification 2 weeks ago; Their March/April newsletter will be stamped "Final Issue." If they do not renewed by mid-April, they will be dropped. **Weekend Trips:** Steve Sakson—11 trips scheduled, listed on newsletter and web; Updated voicemail message with first 3 trips (Montauk, Penn Dutch & Bear Mountain) is running. Active.com registration is available, thanks to Member At Large Bob Castro; 1,000 print brochures to be brought to bike shops, on day rides, bike shows, etc.; Will compose info sheet to weekend trip leaders, reminding them of basic procedures; **Newsletter:** Alfredo Garcia—March/April print newsletter delayed; Discussion ensued for a flyer between issues with day ride listings. **Bike Coalition Update:** Ed DeFreitas—Some progress has been made between participating bike clubs and NYC DOT. **New Member Party:** Vice President Liz Baum—suggested new members / leaders who joined club in last 3 years be targeted and have a party be organized solely for them. Meeting adjourned 8:12 PM. Respectfully submitted by Ira Najowitz, Recording Secretary.





Clockwise, from top: Mural, 1890's African American tandem couple, Dixon's Bicycle Shop, Brooklyn, NY. Vietnamese Cyclo miniature, by way of Saigon (Ho Chi Minh City). Courtesy Gia Tran. Taliah Lempert paints bike portraits. This one is called "Remy." Her works are available online and she could paint a picture of your bicycle on canvas. Visit [www.bicyclepaintings.com](http://www.bicyclepaintings.com). Window display, famed Bergdorf Goodman department store. Vintage Huffy bicycle with Diane Von Furstenberg fashions. "Bike" is a painting that appeared on a cookie box. Created by African American artist Jimmy Lee Suddath (b. 1910), of Fayette, AL, via the Folk Artist's Foundation, [www.helpfaf.org](http://www.helpfaf.org). Jean Jacques Sempé, famed international cartoonist, creates magazine covers for New Yorker magazine, painted this mural above a mid-town Manhattan Metro Bike Shop. Visit [en.wikipedia.org/wiki/Jean-Jacques\\_Sempé](http://en.wikipedia.org/wiki/Jean-Jacques_Sempé).



## H.A. Rey, Curious George & Bikes

By Alfredo Garcia

Hans Augusto Reyersbach, known as H.A. Rey and his wife, Margret Waldstein Rey, are world-renowned for their Curious George storybooks.

Both born in Germany, met & married in Brazil. They developed a budding literary & art partnership. Eventually returned to 1930's Europe to Paris, France.

1940, World War II: the Nazis were approaching France. The country was in a panic. Hans and Margret's lives were about to change. Being Jews, they had every reason to fear the invaders.

Hans thought about bicycles. At a local shop, he & Margret test rode a tandem. It was not to their liking. Undaunted, Hans, self-made constructeur, created two bicycles from spare parts.

Their uncertain & adventurous two-wheeled escape from Paris began June 11, 1940, on a rainy day to Orleans. They took bikes, sparse possessions, including Curious George artwork, on a train to Bayonne. They continued cycling to Hendaye. Before leaving France, they sold their bikes.

The rest is history. The Reys safely entered Spain & Portugal and took an ocean liner back to Brazil. Then to New York City, finding postwar fame & fortune with their Curious George storybooks, still popular today, with a 2006 movie.

Source: Dinitia Smith's "How Curious George Escaped the Nazis" NY Times, Sept. 13, 2005 and Louise Borden & Allan Drummond's book "The Journey That Saved Curious George," Houghton Mifflin, 2005.

# 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 Course Name

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  
 Members \$60, Nonmembers \$75 each.....\$ \_\_\_\_\_

#### Greek Diner Coffee Cup Jersey - CLOSEOUT SALE

Available Sizes - Indicate quantity and size.  
 Men (Circle One).....XXL.....XXXL  
 Ladies (Circle One).....M.....L  
 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.

## Flash your 5BBC Membership Card at these Bike Shops

### Bronx

**Westchester Bike Pro Shop**  
2611 Westchester Avenue  
Bronx, NY 10461 718 409-1114

### Brooklyn

**Bay Ridge Bicycle World**  
8916 3rd Avenue  
Brooklyn NY 11209 718-238-1118

**Bicycle Station**  
560 Vanderbilt Avenue  
Brooklyn NY 11238 718-638-0300

**Roy's Sheepshead Cycles**  
2679 Coney Island Avenue  
Brooklyn NY 11235 718-646-9430

**Sizzling Bicycle**  
3100 Ocean Parkway  
Brooklyn NY 11235 718-372-8985

**Verrazano Bicycle Shop**  
7308 5th Ave  
Brooklyn NY 11209 718-680-6521

### Manhattan

**A Bicycle Shop**  
349 West 14th Street  
New York NY 10014 212-691-6149

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

**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  
718-433-0450  
[www.spokesmancycles.com](http://www.spokesmancycles.com)

**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

**New Jersey**  
**Bicycle Workshop**  
175 Country Road  
Tenafly, NJ 07670  
201-568-937



Carlos Dall'Orso, opening night, Spokesman Cycles, March 24, 2006. His shop is close to the Bike NY route. Watch for him May 7.

## Licensed Massage Therapy by Seth Asher

Swedish, deep tissue and pre-natal massage.

"A truly gifted massage therapist"

—Carol Wood, Manhattan

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

Web: [www.yoga-people.com/brooklynheights/massage](http://www.yoga-people.com/brooklynheights/massage)

## 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 – 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](mailto:John@BikeSwitzerland.com).

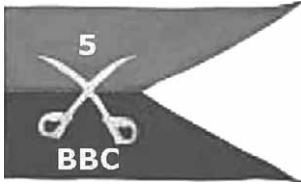
Website: [www.BikeSwitzerland.com](http://www.BikeSwitzerland.com).



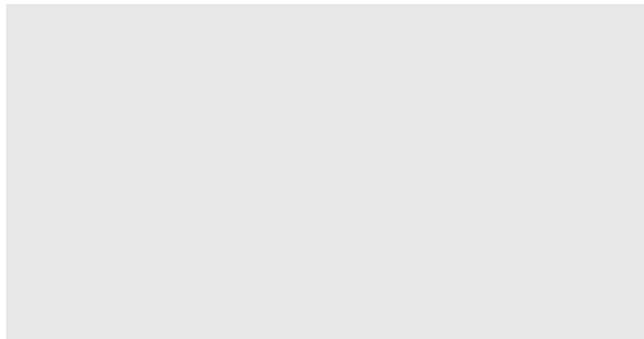
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 891 Amsterdam Avenue, Room 002  
 New York, NY 10025-4403

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 Permit # 1004



John Chiarella



## 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.

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 July-August 2006 issue is Monday, June 5, 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.