

July-August 2006

Volume 16 · Issue 4

B I C Y C L E E R™

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



At the Manhattan Bridge, one of 28 crossed on the Bridges of New York ride. Photo by Danny Lieberman.

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July-August General Meetings

Tuesday, July 18, 6:00-8:00PM

Location: Woolworth Tower Kitchen,
233 Broadway at Barclay Street, Manhattan.

This will be a social affair with good friends & conversation. A buffet will be served with soft drinks. To partially cover costs, we are asking members to contribute \$10 at the door. There will be a cash bar.

Our featured speaker will be Joseph P. Basilice, DDS. Dr. Basilice is a specialist in cosmetic and reconstructive dentistry. He will talk on the prevention of dental injury while riding and will relate a few anecdotal stories (ever been whacked by a kayak oar?) Dr. Basilice is a NYU School of Dentistry graduate and maintains offices in Greenwich Village and Dix Hills. He is a member of The Montauk Yacht Club and his hobbies include sport fishing. He views his specialty as more of an art form. If you have noticed the Program Coordinator's beautiful smile you may find Dr. Basilice's suggestions helpful. He is a most unusual dentist and an entertaining speaker.

Monday, August 21, 6:00-8:00PM

Location: Fidelity Investor Center,
61 Broadway, Manhattan.

Retirement Planning

Want more time to devote to recreational activities, like bicycling? Plan for retirement now, and you could accomplish this sooner than you thought. Learn how you (and the planet!) can profit from socially responsible investing. Strategies from conservative (☺) to aggressive (like climbing Bear Mountain) will be discussed.

Our host for this exclusive seminar is the Wall Street office of Fidelity Investments (www.fidelity.com). Refreshments will be provided by Fidelity. There is no charge for this seminar and there is no product solicitation. There is a brief (and optionally anonymous) questionnaire at the end. Opinions expressed are those of the presenter and not necessarily those of the 5BBC.

The Wall Street office of Fidelity is a bicycle-friendly environment! Indoor bike parking is provided.



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☺ Don't Worry, Be Happy!

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

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

☺). Rides range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, 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 CPSC 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.

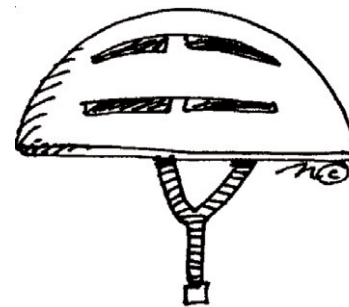
At the discretion of the leaders, rides may be cancelled due to bad weather.

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.

Day Tripper



Photo by Danny Lieberman.

There are somewhere over 50 day trips contained in this issue! It feels like the volume of sheer rides has jumped off the chart from a much more modest figure back in 2004 when I started as the Day Trips Coordinator. While the process of getting all of these rides together is still a lengthy and tortuous one, I have to say that I am amazed at the response that has come through for this summer edition.

This time we have many new contributions from both veteran and newbie ride leaders, and especially a good offering of the longer distance and faster paced "A" type rides that this club has been lacking of late. It is gratifying to see that so many of our newest members and leaders are taking a very active part in making good trips happen for our members.

In addition to all the other fine and fast rides we have our two regular summer program, the Bicycle Beach Bums and the Borough Perimeter rides. The Beach Bums run every Sunday through the end of August, taking in the tides at Neponsit Beach. If you've never been it really is a treat. A short ride over flat terrain to a quiet beach!

Special rides this summer include Alfredo's annual trip through the Lincoln Tunnel, the first weekend of August, and my own Ice Cream Ride in mid-July. Now our Perimeter Series has over the last few years become a kind of summer ritual. Catch all five of these rides and earn a commemorative patch.

Remember that it's hot out there. Please remember to bring enough water to keep yourself cool and comfortable in the heat. Don't forget to carry and put on sunscreen.



Perimeter ride dates for 2006:

Sun, June 25th	The Bronx Perimeter
Sun, July 9th	Queens Perimeter Standard
Sun, July 23rd	Staten Island Perimeter
Sun, August 13th	Brooklyn, Post Modern
Sun, August 27th	Manhattan Perimeter and Pizza Party

Danny Lieberman
Day Trips Coordinator
daytrips@5bbc.org



Bike Access to Trains

New York City Subway

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

New Jersey Transit (NJT) Bikes Aboard Program

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

Port Authority Trans Hudson (PATH)

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

Smart Summer Fun in the Sun

We will ride in mostly sunny warm weather. Between 10am and 4pm, the Sun's rays are at its highest strength, even under cloudy skies. We must prepare for the possibility of harm to our exposed skin, lips and eyes, plus warding off thirst.

We start with using sunscreen. Sunscreen (also known as sunblock) protects your skin from the Sun's UV (ultraviolet) "A" and "B" rays, which causes reddish skin burns and worst, esp. for people with light complexions.

It is highly recommended to use sunscreen lotion with at least a 30 SPF (sun protection factor) rating. Some might use it without PABA, to counter skin allergies. Apply on exposed skin at least 30 minutes before riding and then every 2-3 hours. It should be applied again after swimming. Your eyes must also be shielded by wearing UV-protected sunglasses. Apply lip balm to protect your lips from sunburn. Off the bike, wear a hat with a brim to protect your head in the sun or shade.

With hot temperatures (80 degrees and above), we will also need to drink lots of liquids, esp. water. Lack of water in hot weather can cause serious exhaustion and thirst. Bring at least two full water bottles on a ride. It is also a good idea to bring a hydration pack (e.g. Camelbak), which is an insulated backpack, that keeps water cool. You sip from an attached drinking tube. Take advantage of stops to deli shops or water fountains along the ride and replenish yourselves.

For more information, consult a health professional or your doctor.

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.

Day Trips: July-August 2006

Saturday, July 1st

CANCELLED: NEW YORK CITY TO NEW HAVEN CENTURY QUICK SPIN

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

Saturday, July 1st

RIDGEWOOD, THE HILLY VERSION

8:30AM, Columbus Circle, 57 miles

We're going back to Ridgewood but probably won't have pancakes, since the diner is small and it will be warm enough to eat outdoors. Mark promised me that we would ride the hilly way out and the hillier way back home. Medium pace, no slackers. Bring hydration and snacks. Bring or buy lunch. Leaders: Mark Trainor and Danny Lieberman.

Sunday, July 2nd

AROUND AND OVER THE HUDSON

8:45AM, City Hall, 43 miles

9:15AM, South Ferry or

10AM, St George Ferry Terminal (Staten Island)

See NYC from a ferry, Liberty State Park & Hoboken. Then stretch your legs along a shoreline stretch from Hoboken to the G.W. Bridge (with 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 European. 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.

☺ **ANTIQUES ROADSHOW**

9AM, NY Waterway Terminal (West 39th St. & West Side Bike Path), approx 40 miles

The New Jersey Wheelmen are riding a modified Manhattan Perimeter and we're going to join them. The Wheelmen (www.thewheelmen.org) are bringing their antique high-wheelers, safety, and Kangaroo high-wheel safety bikes to take on this ride and will demonstrate some simple tricks. If you want to see antique bikes in action this will surely be an excellent opportunity. Our two groups will ride around Manhattan with a foray into Central Park as well as crossing the Brooklyn Bridge. Bring or buy lunch. Please also bring a camera, water and a lock. No cue sheet will be given. (Final route will be chosen by the NJW.) This ride will go rain or shine. Leaders: Kent Mark and Neal Secher.

☺ **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 Rockaway spot is still Neponsit Beach, an easy jaunt from Prospect Park, and we head out every Sunday until the end of August. Pack your towel and beach garb if you like, along with the usual stuff: lock, sunscreen, water and lunch, or you can buy it along the way. Leaders to be announced.

Tuesday, July 4th

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 head in a different direction but expect to have fun just the same. With luck we'll cover over 50 miles. Remember to bring plenty of water and sunscreen, maybe some snacks along with your cable lock and camera. Leaders:

Danny Lieberman and Ira Najowitz.

Saturday, July 8th

CENTRE ISLAND SWIM-N-CYCLE

8AM, Bridgemarket, 66 hilly miles

9:45AM, Cunningham Park, 53 hilly miles

Join us to Centre Island Beach in Bayville on the North Shore of Long Island. We'll stay at the beach for a couple of hours, which will leave enough time for those of you who want to do an optional 6 mile loop around scenic Centre Island. We will ride at an easy pace on somewhat hilly terrain. Don't forget your bathing suit and towel. Ride should finish at Cunningham Park approx 6PM. No Manhattan return. Terrain is mostly rolling hills. Leaders: Brian Hoberman and others.

☺ **CUTTING EDGE FACTORY RIDE**

9AM, Plaza Hotel, 30 miles

Hey, techno-junkie, have we got a ride for you! From digitizing, drilling, and water cutting, to bending, beveling and tinting, we'll experience "the cutting edge" of glass technology. Join us for a visit to FJ Gray and Company's Queens Village one heck of a glass factory. Bring lock and money for lunch at a local ethnic restaurant. Easy paced, mostly flat terrain.

Rain at start cancels. Leaders: Richard Sanford and Phil Goldberg.

Sunday, July 9th **QUEENS PERIMETER, STANDARD**

8AM, Bridgemarket, 65 miles

This revised version of Queens debuted last year and so we take another lap. We get to pass by two airports, two racetracks, and two guys named Phil. An early start plus a fast paced ride will insure that we finish before it gets too late. Lunch in sunny Floral Park. Bring hydration and snacks. Bring or buy lunch. Leaders Danny Lieberman and Ed DeFreitas.

☺ **BICYCLE BEACH BUMS #2**

10AM, Prospect Park, 30 miles

More beach fun continues every Sunday. Don't forget to bring a towel, along with that sunscreen and your lunch or money for it. A cable lock will do just fine. Lunch right on the beach. Leaders Jim Zisfein and others.

Saturday, July 15th **CONNECTICUT** **RAMBLINGS/NEWTOWN, Quick Spin**

6:40AM Grand Central, 60 hilly miles

8:19AM Greens Farms CT RR station

Enjoy back roads and shorelines of very pretty, verdant, and certainly "tony," parts of the Nutmeg State (Fairfield County) in this loop ride out of Greens Farms. We'll ramble along picturesque beaches – then split north from Southport to scenic back roads and hamlets, reservoirs/streams/waterfalls. Optional beach stop. No point-drop-sweep. Brisk pace (16+mph). Shorter route options available. Bring MTA bike permit, plenty of water and LUNCH. Co-listed with NYCC. Leaders Susan Rodetis and others.

"TRAINING RIDE" TO SUNKEN **MEADOW STATE PARK**

8:30AM, Kew Gardens, 75 miles

9AM, Cunningham Park

This training ride was rained out last April. It's back by customer demand! This will not be a quick spin but we will maintain a good pace (15mph). Lunch on the boardwalk. Don't forget your bathing suit if you want to swim in LI Sound! Terrain: rolling hills. Bring your MTA bike permit

in case of early bail out. Leaders Dennis Griffin and Jonathan Friedman.

Sunday, July 16th **THE FROZEN SEATPOST:** **THE 2006 ICE CREAM RIDE**

9AM, CITY HALL, 60+ miles

I have no idea how hot this day will be but the ride will be frozen solid. After years of careful research and testing, I have picked a few favorites for this year's Ice Cream ride. Pace: Frosty. Terrain: sweet. Fewer stops than last year. Bring \$\$ for all the goodies. Leaders Danny Lieberman and Beth Katz.

☺ **A QUEENS-BROOKLYN MOSAIC**

12:30PM, AYH, 25 miles

Explore these outer-boroughs with multiple stops among these diverse neighborhoods. We'll wander through Wards and Randall's Island and visit Long Island City, Hunters Point, Greenpoint, Williamsburgh and Dumbo. The tour ends with an option to picnic at Brooklyn Bridge Park. Bring a snack, lock and \$ for lunch. Leaders Terry Chin and Ed DeFreitas.

☺ **BICYCLE BEACH BUMS #3**

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders Susan Levine and others.

Saturday, July 22nd **A DAY AT THE BEACH**

8:45AM, Grand Central, 35 miles

10AM, Darien, CT Station

Tired of the Rockaways? Looking for a way to get out of the city? Join us for a day at Sherwood Island State Park, in Connecticut. We'll take Metro North to Darien and then ride to the beach with a fabulous ice cream stop on the way back. Bring \$19 Metro North fare, your MTA bike permit (can be purchased same day for \$5), and lunch money. Terrain moderately hilly with a couple of steep climbs, but there's no rush. Leaders: Phil "Bike 21" Goldberg and Brian Hoberman.

SLAVES OF SLEEPY HOLLOW

10AM, Van Cortlandt Park, 35 miles

Follow the scenic Hudson River up to Philipsburg Manor, an 18th century grist mill powered with slave labor. Now a museum, visitors will get an unvarnished appreciation of life on a colonial farm. Return route will use the car-free South County Trailway.

(Continued on page 6)

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

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.

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.

*W subway operates weekdays only

Day Trip Meeting Places (continued)

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.

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.

*W subway operates weekdays only

Day Trips (continued from page 5)

Bring \$10 museum admission; bring or buy lunch. Terrain: Moderately hilly with a few steep hills. Leaders: Ed Ravin and others.

Sunday, July 23rd

CONNECTICUT RAMBLINGS/ HOUSATONIC RIVER VALLEY, Quick Spin

7:50AM, Grand Central, 42 hilly miles

9:55AM, Derby/Shelton CT station

Lovely scenic loop route from Derby/Shelton RR station. Tour the Housatonic River Valley, climbing its hills, skimming the ridgelines, dropping down to river/lakes. Great back roads, quiet towns, historic districts & homes, neat views. Hard ride; 3300 elev. gain with some serious hills and one very steep (all worth it!). Cue sheet, ride as a group, no point-drop-sweep. Return 3:47 PM Derby/Shelton RR sta. Bring MTA bike permit and water. Co-listed with NYCC. Leaders Susan Rodetis and others.

Sunday, July 23rd

STATEN ISLAND PERIMETER

(Quick Spin and Regular groups)

9AM, South Ferry (taking 9:30AM boat), 40+miles

Mitch Fox, where are you? Never thought I'd be a bike leader, making my mark as a bona fide full leader with this ride, in 1997, with Mitch as co-leader. I was scared but nobody knew. Was first of many great times as a leader. This will be my 10th anniversary ride. We'll cycle close to the shoreline of this fine borough, going through some nice places. Lunch will be at Conference House Park. Bring sunscreen and sunglasses. Recommend bringing your own lunch and wait on deli line for beverage drink instead. Ride continues to Midland and South Beach and Ft Wadsworth. Check related weblink www.sibike.org/tmap.html for brief outline of route. Terrain includes some rolling hills and busy roads. Leaders Alfredo Garcia and Ed DeFreitas (regular group) and Jesse Brown (Quick Spin).

☺ BICYCLE BEACH BUMS #4

10AM, Prospect Park, 30 miles

See July 9th. Leaders Jim Zisfein and others.

Saturday, July 29th

PORTS OF NY TO PORT JEFFERSON

8AM, Bridgemarket, 80+ miles, Quick Spin

Though we won't use point/drop/sweep (cue sheet only) we will leave noone behind. We'll ride as a group through backroads of Queens, through Nassau county with a lunch break in King's Park. Return via LIRR on the 4:10PM to Penn (arrives 6:10PM). Numerous LIRR stations serve as bailouts along the

way. Bring MTA bike permit, hydration, sunscreen, light clothing, \$ for lunch and a smile. Flat to rolling terrain. 15+mph pace. Leaders Dennis Griffin and Susan Rodetis.

LONGING FOR LONG BEACH

9AM, Kew Gardens, 50 miles

If you're looking to work on that Long tan, catch the Long surf, dig your heels in the Long sand, or possibly catch some crafts and flea market action on the Long boardwalk, the you Be-Long in Long Beach. From Queens to the South Shore, our route dovetails thru the Five Towns area amid suburbia at it's best, with a return via the Rockaways and an ice cream stop. Note: round trip crossing of the Atlantic Beach Bridge requires walking, not biking. Beach pass access is about \$6. Bring bike lock and lunch money. Moderate pace, mostly flat. Leaders: Ted Kusher and Danny Lieberman.

Sunday, July 30th

CITY ISLAND REVISITED

9AM, Columbus Circle, 40 miles

Rescheduled due to wash-out in April. City Island is a destination too lovely to miss. One of the city's jewels, City Island is a small fishing village within the Bronx, connected to Pelham Bay Park and overlooking LI Sound. Lunch right on the water! We take greenways whenever possible. Bring lunch money and your camera. Leaders: Danny Lieberman and others.

☺ BICYCLE BEACH BUMS #5

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders to be announced.

Saturday, August 5th

THE LOTTERY RIDES AGAIN (Quick Spin)

9AM, AYH, 70+ miles

The Lottery Ride returns this summer with a blockbuster of a route. You'll ride across three states to purchase your tickets. This fast and fun ride is sure to be hilly. Pack lunch or buy it along the way. A quick spin pace is assured, so please expect a 15+mph trip, including hills. Be ready to do some climbing. Leaders: Jesse Brown and others.

SANDY HOOK

10AM, Pier 11 (South St near Wall St) 23 miles

I've led trips to this Jersey Shore destination since 1998, inspired by TA & a broken thumb on the Montauk Century. Let's take the Seastreak ferry for a nice day of riding and hanging out on the beach. We'll ride busy/quiet roads, greenways. Bring \$ for fare (\$37 due to high price of oil), lunch and

souvenirs. Bring lock, beachwear, camera, sunscreen and sunglasses. Check related web link [en.wikipedia.org/wiki/Sandy_Hook_\(New_Jersey\)](http://en.wikipedia.org/wiki/Sandy_Hook_(New_Jersey)). Leaders: Alfredo Garcia and Phil Goldberg and others.

LINCOLN TUNNEL REDUX

9PM, Columbus Circle, 23 miles

Note: Meet at the Christopher Columbus Monument, near floodlights and waterfalls. In my life, time flies: the 9th year leading people to the Lincoln Tunnel, toll free, taking the torch from Brad Marshall and Paul Sullivan (may he rest in peace), in 1998. No sunscreen & sunglasses required. This edition will ride through Times Square before heading up the West Side Greenway and to Jersey. Make sure your bike is in good working order with BOTH STEADY front and rear lights no blinking lights, please.

IMPORTANT NOTE: Please do not bring backpacks or panniers. Optional post-ride breakfast at the Moonstruck Diner. Check web related link en.wikipedia.org/wiki/Lincoln_Tunnel. Leaders: Alfredo Garcia, Ed Pino, Liz Baum and others.

Sunday, August 6th

HUDSON VALLEY RAPTOR CENTER, Quick Spin

7:30AM, Grand Central, 50+ very hilly miles

10:04AM, Wassaic station

Very pretty Dutchess County loop ride from RR station to visit the Hudson Valley Raptor Center (www.hvraptors.com \$10 admission), a wildlife private sanctuary for birds of prey including eagles, hawks, & falcons. Challenging route; B17 or stronger on the flats and ability to do hills, including some steeps (OK slower on the hills!). Cue sheet, ride as a group, no point-drop-sweep. Bring hydration and MTA bike permit. Return 4:20PM from Wassaic station. Co-listed with NYCC. Leaders Susan Rodetis and Steven Taylor.

BROOKLYN SOJOURN

9AM, City Hall, 40 miles

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

☺ BICYCLE BEACH BUMS #6

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders Andrea Mercado and others.

Saturday, August 12th

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. Suggestion: buy return ticket in advance! Co-listed with NYCC. Leaders: Jonathan Friedman and others.

THE LOTTERY RIDE OF LA MANCHA (Quick Spin)

9AM, AYH, 70+ miles

See August 5th for complete description.

Leaders Jesse Brown and others.

☺ CHINATOWN LEVEL II

9:30AM, Prospect Park, Grand Army Plaza, 15 miles

First, we greet Yu Shao Hua who will show us how he makes bamboo mobikes. Then, we enjoy steamed buns and dim sum as we await our tour from the folks of the Museum of the Chinese in the Americas. We'll explore the area from Native American times until today. We'll weave through back alleys, crooked streets and secret places. We'll examine Chinese funeral traditions, bachelor societies, and which place was once what, or what still is what it once was. Bring a lock, \$10 museum admission, \$ for handmade crafts (if you wish), snacks and lunch. Leisurely paced. Rain at start cancels. Leaders Richard Sanford and Phil Goldberg.

SANDY HOOK

10AM, Pier 11 (South St near Wall St) 23 miles

See August 5th for complete description.

Leaders Alfredo Garcia and others.

Sunday, August 13th

CONNECTICUT AND NEW YORK RAMBLING/WARD POND RIDGE RESERVATION

7:50AM, Grand Central, 50+ miles

9:15AM, Westport, CT station

Rescheduled from May 13th. Skim the shoreline, then pass thru quiet residential 'burbs and along pretty secondary roads to tony, historic, and horse-y parts of Conn. Ward Pound Ridge Reservation, the largest park in Westchester, is our scenic lunch spot. Varied terrain; some hills/rollers but no nasties. Shorter route possible post-lunch via Katonah

(Continued on page 9)

Day Trip Meeting Places (concluded)

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

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.

Moonlight Ride

Fridays, July 7, Aug. 4, Sept. 1

10PM, Columbus Circle

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Prospect Park Moonlight Ride

Saturdays, July 15, Aug. 12, Sept. 9

9PM, Prospect Park entrance

at Grand Army Plaza

Organizer: Time's Up

Contact: www.times-up.org

This is a night ride: Bring lights!

Friday, July 14th - Sunday, July 16th

Paradise Ride Kaua'i

AIDS Fundraiser, Hawaii

Information:

www.paradiseridekauai.com

Contact: Malama Pono (808)

246-9577

Regional Roundup (Continued)

Sunday, July 30th

Harlem Valley Rail Ride

Information: www.bikenyork.org

Contact: info@bikenyork.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

Tour De Sussex (Inaugural Tour)

Charity Ride, Sussex County,
New Jersey

Information: www.TourdeSussex.org

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 Ithaca , NY area)**

Contact: Southern Tier Aids

Program Information:

www.stapinc.org/

Sunday, September 10th

NYC Century Bike Tour

(Transportation Alternatives)

Information:

www.nyccentury.org

Contact: info@transalt.org

Bike The Miles For Human

Trials, Charlestown MA

Information:

www.bikethemilesforhuman.com

Friday, September 15th -

Sunday, September 17th

Braking the Cycle

Information:

www.brakingthecycle.org

Contact: Blake Strasser,

212.989.1111

Email:

bstrasser@globalimpactpro.com

Saturday, September 16th

Pedal for People: The ride to end hunger in Rockland County

Information:

www.pedalrockland.org

Contact: info@pedalrockland.org

Day Trips *(continued from page 7)*

station. Optional shoreline add-on at end of trip. Yes cue sheet, ride as a group, no point-drop-sweep. Bring hydration and MTA bike permit. Co-listed with NYCC. Leaders: Susan Rodetis & Dan Finton.

Sunday, August 13th

BROOKLYN, POST-MODERN

9AM, City Hall, 45 miles

Another summer, another series of perimeter rides. But is this the same Brooklyn Perimeter ride we've done before? Expect to see more of Brooklyn this time around. Bring hydration, a lock, and lunch money. Leaders: Danny Lieberman and Ed DeFreitas.

☺ BICYCLE BEACH BUMS #7

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders: Andrea Mercado and others.

Saturday, August 19th

WESTCHESTER COUNTY TRAILS

9AM, Van Cortlandt Park, 55 miles

The "Old Put" commuter rail line, although a commercial failure, was successfully reincarnated as 35+ miles of glorious greenway that is paved, nearly level, and car-free most of the way from Yonkers to Carmel. It's one of our favorite rides and we hope you'll agree. Bring water, snacks, MTA bike permit for the train home from Brewster, and \$ for train fare and lunch. Pace: 14mph. Terrain: mostly level. Leaders: Jim Zisfein and John Chiarella.

UP, UP, AND AWAY!

9:45AM, Cunningham Park, 35 miles

Celebrate the history of aviation at a new museum, in Hicksville, LI. Bring \$10 admission (Imax theatre is extra). Lunch is available in the Red Planet Cafe. For more info see cradleofaviation.org. The museum has a bike rack so bring a lock. Leaders: Phil "Bike21" Goldberg and Bob Castro.

Sunday, August 20th

THE DISCRETE CHARM OF THE LOTTERY RIDE (Quick Spin)

9AM, AYH, 70+ miles

See August 5th for complete description.

Leaders Jesse Brown and others.

FOUR BORO BIKE RIDE

9:30AM, City Hall, 30 miles

Sorry S.I. We promise to dedicate an entire ride to you. We want have enough time give justice to Arthur Avenue, deep in the heart of The Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into The Bronx. Lunch along Arthur Ave, an Italian enclave.

Belmont Ave is the origin of the "Dion & The Belmonts" name. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and others.

☺ BICYCLE BEACH BUMS #8

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders Susan Levine and others.

Saturday, August 26th

NYUCK NYUCK NYACK (Quick Spin)

9AM, AYH, 55+miles

An organized century ride is scheduled for tomorrow (North Fork) so let's get a few easy miles up to Nyack and the Runcible, today. We can add in a few extra hills or a few extra miles, if people feel like it, or just go straight up 501 or 9W. Bring hydration and lunch money. Quick Spin pace. Leaders: Jonathan Friedman and others.

BATHE IN BAYVILLE XIX

9:30AM, Cunningham Park, 55 miles

Join us on this perennial 5BBC summer favorite to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for a swim in Oyster Bay Harbor and some sunbathing. Bring \$ for lunch or a bag lunch, bathing suit, towel, lock, and MTA bike permit. Rolling terrain with some steep climbs. Moderate pace. Leaders: Ira Najowitz and Bob Castro.

☺ THE BEAUTY OF BROOKLYN

10AM, Doughnut Plant (Grand St & Norfolk St),
30 miles

Do you want to discover the beauty of Brooklyn? Come and see for yourself as we leisurely ride through some of the lovely (and sometimes gritty) and diverse neighborhoods of this "other" borough such as Williamsburg, Greenpoint, Bedford-Stuyvesant, Crown Heights, Prospect Heights, Park Slope, Boerum Hill, Carroll Gardens, Red Hook (where we will be stopping for lunch, perhaps in the new Fairway!), and Brooklyn Heights! Leaders: Steve Weiner and Cesar Vazquez.

Sunday, August 27th

BIKE TO ART

(Part of the "We Laugh At Hills" series)

7:30AM, Grand Central, 30 very hilly miles

Enjoy a 30-mile ride through the hills of the Hudson Valley and then tour the Dia: Beacon Museum. The 300,000 square-foot former factory displays art from the 1960's to the present, including works by Richard Serra, Andy Warhol and Don Flavin.



Party Bike.



Sleeking looking pedicab.

Bring a lock and money for Metro North & the museum (\$27 total), your MTA bike permit and lunch (or \$ for it). Note that a few miles are on a dirt road, but road bikes are fine. Leaders: Stephen Jackel and Brian Hoberman.

☺ **MANHATTAN PERIMETER AND PIZZA BLOWOUT**

9AM, City Hall, 26 miles

Many come just for the free pizza, but most riders want to see the city from our magnificent shorelines. Greenways now abound on the Hudson, Harlem, and East River waterfronts. A victory lap to help you earn your patch. Leaders: Ed DeFreitas and others.

☺ **BICYCLE BEACH BUMS #9**

10AM, Prospect Park, 30 miles

See July 9th for description. Leaders to be announced.

**Saturday, September 2nd
NEW YORK CITY TO NEW HAVEN
CENTURY QUICK SPIN**

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

See August 12th for complete writeup. Co-listed with NYCC. Leaders: Jonathan Friedman and others.

☺ **THE LITTLE RED LIGHT HOUSE**

10AM, South Ferry, 24 miles

The Little Red Light House was once a functioning lighthouse long ago. Located under the George Washington bridge, along a treacherous section of the Hudson River once known as Jeffries Hook, this is one of the few surviving lighthouses in New York City. It was saved from possible demolition in

1951 by letters to the city from young New Yorkers and children all around the world who loved the bedtime story “The Little Red Lighthouse and The Great Gray Bridge.” Bring a camera, lock and \$\$ for lunch at Dinosaur Barbeque. Flat terrain. Leaders Jim Mallard and others.

**Sunday, September 3rd
OFF-ROAD VISTAS: KENSICO DAM**

9AM, East 233rd and White Plains Road, 35 miles

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

**Monday, September 4th (Labor Day)
☺ GATEWAY GETAWAY: A GREAT KILLS
EXCURSION**

12:45PM, South Ferry, 25 miles

Enjoy the views of the Narrows and Lower NY Bay with a tour of historic Fort Wadsworth, Miller Field and the natural habitats of the Great Kills National Park. We’ll time our return by baywatching on the late afternoon ferry. Bring a snack and a lock. Leaders Terry Chin and Ed DeFreitas.

**Saturday, September 9th
NYUCK NYUCK NYACK (Quick Spin)**

9AM, AYH, 55+miles

An organized century ride is scheduled for tomorrow (TA’s NYC Century) so let’s get a few easy miles up to Nyack and the Runcible, today. We can add in

**Regional Roundup
(Concluded)**

Sunday, September 17th
The Golden Apple
www.westchestercycleclub.org
888.777.8229;
MichaelMMiller@optonline.net

**Mid-Hudson Bicycle Club
Century**
http://www.midhudsonbicycle.org

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

Saturday, September 30th
Twin Lights
www.bikenewyork.org
info@bikenewyork.org



Bell Solar Helmet.

**Thrifty Cycling
Helmets**

*Based on a suggestion from
Susan Rodetis
By Alfredo Garcia*

You don’t have to wear expensive headgear when you ride your bike. Sure, it would be great to have the Giro “Atmos,” is what 7-time Tour de France winner Lance Armstrong normally uses. Or the ultra-light Snell certified Specialized “Decibel” helmet. At nearly \$200, it is too much. But there are \$7 - \$40 cycling specific helmets:

An interesting nonprofit online dealer, Helmets R Us, offers Flash Graphics helmets, from Zuhai Safety (China) priced from \$6.45 to \$7.45. They are Snell certified, which is tougher than CPSC certified, though not as sleek looking. However, you have to make a minimum purchase of \$30. You could buy several for friends or family, besides yourself. Website: www.helmetsru.net.

(Continued on page 10)

Thrifty Cycling Helmets (Concluded)

Despite their ungainly bicycles, Kmart sells Schwinn "Interceptor" helmets for 17.49. They also offer Bell generic helmets, ranging from \$25-\$35. Not as glamorous as racing helmets, but CPSC certified. Wal-Mart offers their Ironman & Reflectek brands, made by Kuji Sports (China), at \$17.42 each. Both stores have their helmets in store and online. Giro has two \$40 helmets: the "Indicator" and the "Transfer." One universal size fits small to large. Some can be found at Champion Bikes, near 5BBC headquarters at the Bike New York office, Hosteling International building.

Bell (which also owns Giro) offers the "Solar," shown above. It looks like one of their premium models, with a stylish road look with 23 vents. The outer protective shell is bonded to the internal foam portion of helmet, for strength. Comes in one size that fits small to large heads. Unlike the above bulky choices, this helmet is lightweight. CPSC certified. Prices range from \$30-\$35. You can check out your local bike shop or online (e.g. LL Bean and REI) for this gem.



Have you seen him? He's not wanted for anything. But he will. Stay tuned for details.

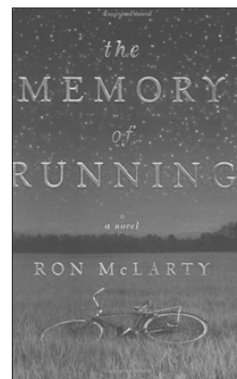
Book Review: *The Memory of Running*

By Peter Engel

Don't let the title fool you. This is a book about a bicycle road trip. And it's a good one, too. Just give it time.

The "hero" and narrator of *The Memory of Running*, set in 1990, is 43-year-old Smithson "Smithy" Ide from Rhode Island. He's 80 pounds overweight, borderline alcoholic, stuck in a dead-end job, can't relate to women, and hasn't fully dealt with the horrors he witnessed in Vietnam. Smithy has just suffered the double-whammy of tragedy: the death of his long-lost, mentally disturbed sister in Los Angeles and the deaths of his parents in a freak car accident. His depression is compounded by the realization that all the promise of his youth — his athleticism, positive attitude and enjoyment of life's simplest pleasures — has been squandered.

To enjoy this book, you have to accept a certain amount of fantasy: that Smithy can awake one morning from a drunken stupor, get on a 1958 Raleigh three-speed, and finds himself riding from Rhode Island to Los Angeles. He makes no preparations, performs no training regimen (nor does he know what one is), has no plan, and no money. *The*



Memory of Running is all about the ride, the adventures encountered along the way, and reconciliation with the past, as one person rediscovers about himself, spiritually and physically. This book is a jarring reminder that, just like when we were kids, only three things really matter: the road, the bike

and the person pedaling.

Various Amazon.com reviews compare it and Smithy Ide with Ignatius J. Reilly of *A Confederacy of Dunces* or Quoylo of *The Shipping News*. I'd prefer to interpret *The Memory of Running* as Kerouac's *On the Road* for us gear heads. Maybe there's a little of Pat Conroy's *The Prince of Tides* in it. No matter. This is definitely an original and a very enjoyable read — especially if you need to take a long (perhaps unplanned) bike trip.

The Memory of Running, by Ron McLarty. Hardcover or paperback, 368 pages. Viking Adult, 2004.

5BBC Executive Board Minutes

April 3, 2006. Attending: Jess Brown, Bob Castro, John Chiarella, Ed Defreitas, Liz Baum, Ira Najowitz, Barry Hartglass, James Zisfein, Phil Goldberg, Ed Pino, Danny Lieberman, Ted Kushner, Mark Trainor, Andrea, Mercado, and Brian Hoberman. Meeting started 6:42 PM. **Amended March minutes approved.** **President: Ed DeFreitas**—NY Bicycle Coalition has amiable relations w/NYC Departments of Transportation and Health and the NYPD; Free table space at Ft. Wadsworth, as finish of The Great Five Boro Bike Tour, provided by Bike New York. "Give the Door Four" to be mentioned on Club rides, after finishing bike check. **Day Trips: Danny Lieberman**—Club mentioned in Time Out New York magazine. **Treasurer: Mark Trainor**—Financial balance sheet, to be submitted, shows nearly plus net difference; Bi-annual insurance premium payments will be made by March 13, subject to change. **Vice President: Liz Baum**—New member party planned as an effort to increase membership. **Special Events: Ed Pino**—Montauk budget increased; Additional amenities to be deployed; 1,200 riders registered; 2,000+ projected; Pedals will no longer be removed at Montauk; 700 registered for LIRR return trip; Possible use of private bus service for return trip would be \$30.00/rider

as compared to \$14.00 LIRR ticket; More large trucks to transport bicycles may be required to accommodate increased registration; Removing pedals at Montauk will no longer be required; Additional details, such as traffic cones, bike wraps, etc., contained in his email report. **Computer Ad Hoc Committee:** To be consisted of Liz Baum, Phil Goldberg, Brian Hoberman, Eileen Kapp and James Zisfein; Report to be submitted by June. **Member At Large: Ted Kushner**—Ongoing review of Club's by-laws and standing rules as per President DeFreitas; Engaged discussion on Club's 501c4 tax status with respect to political cycling advocacy; Pointed out current Recording Secretaries are responsible to forward meeting minutes to their board successors, and making sure by-laws and standing rules reflect changes resulting from motions passed by The Board to include the record of yeas and nays. **Member At Large: Phil Goldberg**—886 current members; 500 signed up online; 623 receive weekly club emails; 224 get electronic *Bicycletter*; Research to be undertaken on special mailing labels. **Club History Committee: John Chiarella and Phil Goldberg**—Authorized \$250.00 for scanning archived *Bicycletter* issues approved. **Jersey Committee: Bob Castro and Andrea Mercado**—



From the left, Edgar Reyes and Steve Taylor begin a 5BBC ride from Merchants' Gate at Central Park. Not too far from Steve, there was a tripper who wore a NYCC jacket (!) We thank *Time Out New York* for mentioning the Five Borough Bicycle Club with this page from an issue. We're also cited in *Bicycling Magazine* (July 2006) for mentioning our famous Bicycle Beach Burns as a cycling thing to do.

No new designs have been received. Respectively submitted by Jesse Brown, Recording Secretary.

May 15, 2006. Attending Ed Pino, Ira Najowitz, Barry Hartglass, Jim Zisfein, Jesse Brown, Bob Castro, Ed DeFreitas, Mark Trainor, Steve Sakson, Phil Goldberg, Beth Katz, Danny Lieberman, Liz Baum, Brian Hoberman, Andrea Mercado, John Chiarella, and Alfredo Garcia. Meeting started 6:35 PM. **April 2006 minutes approved.** **Office:** Phil Goldberg—Club has 1,296 current members, including 189 family memberships. 950 members receive weekly club e-mail; 388 receive electronic Bicycleletter. **Bicycle Course:** Beth Katz— next class, "How to Fix a Flat" will be on May 24. **Day Trips:** Danny Lieberman— July/August schedule is being prepared; noted new leaders are contributing. **Leadership:** Ira Najowitz (on behalf of Manny Sanudo)—10 people have expressed interest in the upcoming May 25 class. **Vice President:** Liz Baum— letters to individuals who haven't renewed club membership was mailed on May 3. **Jersey Committee:** Bob Castro— 7 designs have been submitted by 2 contestants (see Bob's May 11 e-mail for the designs). Although contest requirements state

landmarks/icons emphasizing each of the 5 boroughs should be incorporated, none of the submitted designs conform; Majority voted to keep 5-icon requirement; Contestants have been notified; they will try to comply and submit revisions; Deadline extended June 1; Extension posted on web, but not in May/June newsletter. Discussion ensued regarding possible designs. **Communications:** Brian Hoberman—new Join Us brochures are being printed. **Corresponding Secretary:** Andrea Mercado— new Leader list will be mailed. **Newsletter:** Alfredo Garcia—July/August newsletter will be 24 pages in length; he will limit articles taken from newsletter for website. **Weekend Trips:** Steve Sakson— Penn Dutch trip on Memorial Day Weekend is full. Registration for later trips is proceeding well. **Computer Ad Hoc Committee:** Jim Zisfein— hardware costs for new computer to be purchased and installed after Montauk estimated \$1,000; Software costs estimate increased to \$300 for MS Office Professional Edition 2003 instead of open-source alternative; Internet connection cost may be free if the club can use Bike NY's network instead of Verizon Business DSL @ \$25/month. **Programs:** Barry Hartglass— May 31, Michael McGettigan, of Philadelphia's Trophy Bikes will be guest speaker; No June meeting is planned; July meeting will be a buffet dinner (\$15-20 for members) at a lower Manhattan restaurant with guest speaker, Joseph Basilice DDS, dentist, on prevention of cycling-related traumatic dental injury; August meeting will be on retirement planning with investment seminar at Fidelity Investments. **Montauk Report:** Ed Pino—reports a record-setting year; There are 2,104 registrants; Added all T-shirts and all Montauk socks for advance registration sold out; Limited quantity of socks will be available at finish for \$5; Most jersey sizes, except large, have sold out; LIRR limit of 1,500 return tickets will be completely used and return transportation will be provided to every customer who wants to buy it. Close to 400 riders, instead of original estimate of 250, are expected to use the new train service from Penn Station to Babylon to do the 100 mile route in order to comply with the LIRR's new one-day enforcement of the no-bikes-on-the-train policy; LIRR agreed to accommodate all riders; Town of Westhampton Beach moved Rest Stop #4 to village marina; Discussion ensued on Montauk Century logistical/operational issues. (See Ed's May 13 email for more statistical data and comparisons with prior years.) Meeting adjourned 7:55 PM.

Respectfully submitted by Ira Najowitz, Recording Secretary.

23 Second Interview with 5BBC Leader Mark Trainor



Photo by Clarence Eckerson, Jr.

What's your favorite ride?
Ridgewood, NJ. Lots of hills and great pancakes.

What's your funniest moment on a ride?

Bringing our bikes inside the Moonstruck Diner after the Lincoln Tunnel ride.

What moment stands out when you're helping a tripper?

Two riders thanked me for leading training rides. One rode 100 miles to Montauk, the other rode 145 miles.

Do you like volunteering for events like Bike NY @ Montauk?

I like helping the participants have a good and safe tour.

What do you like about the 5BBC?

I have made many friends through the 5BBC. The club has shown me many destinations I might never have found on my own.

What's the heaviest load you ever carried on a bike ride?

Most people say it's my hydration pack. I don't agree.

Do you have a favorite cyclist?

You mean besides Lance?

What's the longest distance you rode in a day?

I once rode 150 miles from home to the Montauk Lighthouse. I think it was in 1999.

How long do you plan to ride your bike?

Until I get tired.

Anything else?

Did I say I hate that picture?

New Trip

ISLAND HOPPER

Thurs, Aug 10 thru Wed Aug 16
(7 days, 6 nights)

Trip No: IH

TRIP COST: \$575.00

DEPOSIT: a \$375.00

NON-REFUNDABLE deposit.

TRANSPORTATION: Van to ferry connection. Must be able to carry panniers/saddlebags between van, ferry and hostels.

Do you want to beat the City's summertime heat? Want to visit spectacular island paradises? Well, this August is your chance to join your 5BBC friends for a special affordable 7-day, 6-night cycling extravaganza to Martha's Vineyard and Nantucket! These two great islands feature wooded bike paths, quiet harbors, dramatic cliffs, sandy beaches, beautiful old mansions and gardens. We'll be staying at two of the best hostels in the US. On Martha's Vineyard, the hostel is centrally located in West Tisbury between the island's Gay Head Clay Cliffs, Menemsha Fishing Village, and Oak Bluffs "Ginger Bread" Cottages, all of which we hope to visit. On Nantucket, the hostel was built as a Lifesaving Station in 1873, is listed on the National Register of Historic Places and is across the street from Surfside beach. Come join us for this fantastic, affordable week-long getaway.

Cost includes ferries, van (with possible car-pooling option), lodging, and all meals.

More details and an itinerary is on 5BBC.org. Leaders: Ted Kushner and Brian Hoberman.

Weekend Trips 2006: New Adventures and Old Favorites

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

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

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

Steve Sakson
Weekend Trips Coordinator
weekends@5BBC.org

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.

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), offers the choice of 62-, 31- and 15-mile routes, with a maximum of seven different historic covered bridges, followed by a post-ride party at a brookside park. You'll get a free T-shirt for doing the ride and will be rewarded with a traditional Lancaster County smorgasbord dinner on Saturday night.

Labor Day Special

CAPE ESCAPE

September 1-4

(depart Friday morning, return Monday night)

Trip No. CAPE

Space Available: 12 people

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

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

Transportation: Van

Lodging: hostel, dorm rooms

Trip Rating: B/C

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

Leaders: Clyde Eisman & Sharon Behnke

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is crisscrossed by gentle, immaculate rail trails, with occasional rolling hills, and our lodging in Eastham, Barnstable County, is located right near a brand new trail section. In nearby Provincetown, the dune trails are breathtaking. Whale watching, lighthouse climbing

or maritime museum hopping are also good bets, or enjoy sunbathing at beach. The package includes all-you-can-eat pancake breakfasts, a 4-hour kayaking trip, and a home-cooked lobster dinner. It'll be a perfect "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/SME, 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

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.

(Continued on page 14)

Bicycles in Soccer?



If you've seen World Cup games lately, you may have seen a player do a "bicycle" kick. This is done by throwing your body up in the air as if you are pedaling a bicycle. You follow through by kicking the ball backwards over your head. The above photo shows the great Pelé bicycle kicking during a soccer game. Source: Wikipedia.



Glen Nison on Bike Friday, weekend trip to Bear Mt., May 28, 2006. Photo by Vernon Bailey.



Our own Phil Goldberg, Bike Boat Bike weekend trip, June 3, 2006. Photo by Sharon Behnke.



Adventure Cycling

Weekend Trips *(continued from page 13)*

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, and mailing it to the 5BBC, 891 Amsterdam Ave., New York, 10025. Or you can register online at 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.

5) Full recitation of weekend trip rules can be found on our Web site, www.5bbc.org.



Mike McGettigan, from Philadelphia's Trophy Bikes, with Bike Friday, after giving a spirited talk at 5BBC's May 31 general meeting.

SpokeWrench Critical Mass: Just a Bike Ride or Just Trouble?

By Danny Lieberman

When Critical Mass (CM) began in the early 90s, in San Francisco, the concept was about "we don't have to be really organized to be able to function as a group." Well once the mass began to grow beyond certain boundaries, it became something that was perceived as a threat. What was once a fun bike ride without any real organization was suddenly a threat to public order. At least, that's what the NYPD would have you believe.

In mid-1997, San Francisco's CM caused major disruptions, which led to police crackdowns. The same thing happened here in New York a few years later. During "Bike Summer" in July 2003, the local Critical Mass rides managed to become large - well over 1,000 participants, without triggering massive police interference. But just over a year later on the eve of the Republican Convention, everything changed and the "ride" went to hell.

The 2005 documentary film "Still We Ride" accurately depicts what happened then and continued to happen to CM riders after August 2004. Bogus arrests, bike confiscations and many innocent bicycle riders placed in a legal limbo and later exonerated. In the last year, most have had charges dismissed but the NYPD still seems to feel they are obligated to arrest or ticket cyclists for taking part in a bicycle ride.

The very odd thing about all this is there is another CM ride that takes place in Brooklyn, and it is peaceful and benign. Police on scooters and bikes



Brooklyn Critical Mass cyclists at Fulton Street at night.

come along and help as guides, much as they did in Manhattan in 2002-3. Is this because Brooklyn has less car traffic in the evenings? The Brooklyn ride only numbers a hundred or two. And Brooklyn does not have Bruce Smolka, the Assistant Chief who implemented the crackdown that began at the RNC.

In Manhattan, they set up orange nets to catch and arrest cyclists for "parading without a permit." They cut locks of bikes for being "abandoned" for a few minutes and then haul off the bikes like booty. Recent reports from the CM front lines indicate that the NYPD is starting to loosen their tactics, preferring to issue many more tickets than actual arrests. Perhaps it's due to the continued bad press they've received. Still most of the tickets are dismissed, as were most of the cycling arrests since the RNC.

See bikeblog.blogspot.com for reports from the most recent CM ride.



US President George W. Bush on a mountain bike & wearing a helmet. Photo by Yahoo!

So, I Just Want To Ride My Bike

By Kent Mark

You ask, why certain bicycle clubs entertain book clubs, trips to the theater, social affairs, and the like? How is any of this related to the reason I joined or would think of joining a bicycle club?

One of the common responses is that such events forge bonds and camaraderie, inducing greater participation in actual cycling activities, be it club or independently sponsored. Let me cite some recent examples.

March: While the weather was still too chilly to ride, the second annual Bicycle Show was held in Edison, New Jersey. While many exhibitors displayed bicycles, components, accessories, clubs, trips, and even investment advice, the price of admission also included free classes such as “How To Buy A Bicycle,” “The East Coast Greenway,” and other topics of interest. The producer of the show tells me that while interest appears to be increasing, participation is still low among both vendors and visitors.

April: On a windy and rainy day. Lehigh Valley Velodrome had its semi-annual swap meet at Trexlertown, Pennsylvania. This event brought various with everything available from A to Z. Cyclists asked where I have obtained certain bike equipment that no longer available or is surely hard to find. There is a good chance I may have found it at an event such as this. A small company from Philadelphia was selling custom made messenger bags, not something you are likely to find in an average bicycle store. The next event is in October and will likely have an Octoberfest on site.

Do you like antique bicycles or interested in the history of bicycles and transportation? You just missed the annual two-day Copake Swap Meet and Auction in April in Copake, New York about two miles from the Harlem Valley Rail Trail near Bash Bish. While you might find something you could use, you could certainly find many interesting people to talk to and also cycle on the Rail Trail while you were there.

Take a look at the spirit of cooperation and aspects of working with Bike New York and the support of their various events. They put a “call out” to the membership of the 5BBC for marshals, yet they get fewer volunteers than needed. While this is strictly volunteering with no compulsion attached, some benefits beyond the obvious “freebies” accrue to those who can participate. Suffice it to say for the purpose of this article is that you can become a better cyclist by helping in these events and enhancing

both your level of skill and knowledge for the benefit of others..

We tend to overlook time and effort expended by a core group of members that keep your club running. While a few members recognize this, it's seemingly unappreciated. Barry Hartglass, the Programs Coordinator has been diligent in planning and delivering both meaningful and informative meetings with qualified speakers. The April 5BBC general meeting with Dr. Gloria Cohen wherein she talked to our club about sports medicine and its relation to cycling. While about twenty people attended, that is still less than two percent of the entire membership. While not all members are interested in all topics, I found Dr. Cohen's talk to be informative and worth the time. Barry is trying to provide programs of interest to cyclists. Should you want to hear other programs, please provide some feedback. Support his efforts.

Ira Najowitz and Manny Sanudo hosted a self-contained 5BBC Bear Mt. weekend trip to the Thendara Mountain Club in Harriman State Park over Memorial Day Weekend. Kathy, Bill, and Nancy were our hosts at the lodge having done a superb job with the happy hours and with all of the meals right down to the homemade salad dressings. You wouldn't have eaten better or more at any hotel you may have stayed at. There was plenty to do and plenty of people to do it with whether you're interested in hiking, trail building, swimming, cycling, canoeing, sailing, kayaking, walking, socializing, or simply being at one with nature. The lodge, built in 1920, is beautiful and the facilities were quite satisfactory having your choice of sleeping in the quarters or bunkhouse and maybe camping in your own tent. The bicycle trip to and from provided some breathtaking views and oh yes, the amenities were acceptable. I would suggest you sign up for the trip when it is next offered, it would be one of your memorable experiences with the club.

In order for clubs to exist and prosper, for cyclists' rights to be exercised, for events to exist and prosper, for cycling to be taken seriously by the general population, and for cycling to be promoted in general it needs members like yourself to take an active role and to give something back. You could participate in these events while you support them, help cycling flourish, and also help yourself. Think of the benefits that can accrue to you and to others when you are really excited about promoting all aspects of cycling, there is something here for everyone. Considering this world of specialization in which we live, let us in the interest of forging bonds

(Continued on page 17)



bikeTV Rocks!

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

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

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

Musings of a Bicycletter Man

Another big issue. Come on the 5BBC's ride offerings, different places for lots of fun.

Many thanks to Peter Engel, for getting the May/June issue on time. Continued thanks to Jane O'Wyatt for bringing each issue to fruition. And webmaster James Zisfein for the online *Bicycletter*.

Correction: From Hannah Borgeson, the “Remy” painting that appeared in the last issue (“A Bicycle is Art, Art is a Bicycle”) is actually titled “Romy,” a portrait of Hannah's bicycle painted by Taliah Lampert.

It's great to be alive

Alfredo Garcia
Editor
Bicycletter

5BBC Montauk Century, May 21, 2006

At least 1,500 rode out from Penn Station, Babylon and Mastic Shirley, with wonderful food/rest stops, and staff, as well as a beneficial tailwind. Many thanks to Glen Goldstein, Ed Pino and the delightful volunteers. Congratulations to the finishers.



Cyclists going over the Ponquogue Bridge. Photo by Bill Goff.



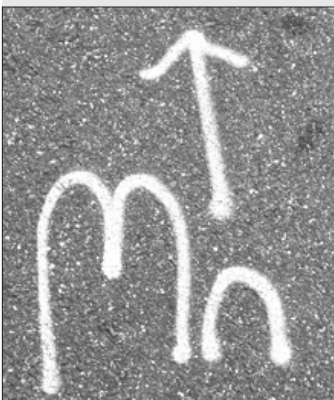
Leader volunteers Phil Goldberg (driver), Manny Sanudo (Montauk Metric Century Leader) and centurion Jim Monahan



Pre-ride volunteers conquering Dune Rd. obstacle. Photo by Clarence Eckerson, Jr.



Volunteer Gia Tran taking last LIRR return train from Montauk.



Montauk arrow, seen throughout ride which guided cyclists en route. Thanks to our own Debbie Friedman.

Interesting story of three cyclists doing 145 miles: two had damaged spokes during ride. Jay F. was able to do a wobbly finish but Amiel Tines put up a good fight before getting sagged short of Montauk, while Simon Cheung rode unscathed with true spokes. Brevet cyclist Kay Gunn finished strong. One New York Cycle Club leader, Ron Roth, wearing a vintage 1999 Montauk jersey, ditched his usual road bike for a fixed gear bike to accompany a friend riding a sturdy hybrid.



Volunteer packing bags into truck, Babylon.



Richard Koprowski giving all the gusto before riding the century.



Whether you're riding 100 or 62 miles, you had fun as well as a good tailwind.



Volunteer leader John Chiarella taking charge, Babylon.



Last Montauk finisher. Photo by Clarence Eckerson, Jr.



Raleigh Kelly, US Marine, reaching 100+ miles to Montauk.



Montauk 2006 jersey



Kent riding at the Montauk Century. He rode the metric century distance.



Another great year for director Glen Goldstein. Photo by Clarence Eckerson, Jr.

Kent Mark *(continued from page 15)*

and camaraderie, support those cycling events before us through active participation. Why wait until someone asks you to volunteer? Step up to the plate now and volunteer. This will enable some of the others who have come prior to you to use their experience and their time to achieve other goals that will help all cyclists and cycling.

I both encourage and invite you to investigate related cycling events. They may be more than they first appear and may provide you with just that niche you can fill thereby helping you to ride your bicycle a little bit better.

Kent's Recommended Events:

Pedro's Festival - July 28, 29, 30, 2006 - Lanesboro, Mass. - www.pedrosfest.com

Ice Cream Festival - July 15, 2006 - Rockwood, Delaware - www.thewheelmen.org

5BBC
FIVE BOROUGH BICYCLE CLUB

**Membership,
Trips, Classes
& Store**

General Information (Please print)

First Name _____ M.I. _____ Last Name _____
 Address _____ Apt. _____
 City _____ State _____ Zip _____
 Email Address _____
 Day Phone _____ Evg. Phone _____

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

First Name _____ M.I. _____ Last Name _____
 Email Address _____
 Day Phone _____ Evg. Phone _____

Supplementary Information
Required for 5BBC Membership

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

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

Waiver and Release of Claims
Required for 5BBC Membership

In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club (the Club), I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities.

I discharge and release the Club and all other sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in Club Activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club involve risks, and I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities.

I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability. I understand that serious accidents may occur during Club activities and participants may sustain mortal or serious injury. Nevertheless, I agree to assume these risks and to release and hold harmless all of the parties mentioned above. I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

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

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

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

If a member is under age 18, parent's or guardian's signature is also required.

Agreement by Parent or Guardian of a Minor

I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to his 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

Fulton Bikes

1580 Fulton Street
Brooklyn, New York 11213
718-778-2887

Roy's Sheephead Cycles

2679 Coney Island Avenue
Brooklyn NY 11235 718-646-9430

Sizzling Bicycle

3100 Ocean Parkway
Brooklyn NY 11235 718-372-8985

Verrazano Bicycle Shop

7308 5th Ave
Brooklyn NY 11209 718-680-6521

Manhattan

A Bicycle Shop

349 West 14th Street
New York NY 10014 212-691-6149

B-Fold (Folding bike specialist)

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

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

Bellitte Bicycles

169-20 Jamaica Avenue
Jamaica NY 11432 718-739-3795

Bike Stop

37-19 28th Avenue
Long Island City NY 11103
718-278-2453

Bill's Cyclery

63-24 Roosevelt Avenue
Woodside, New York 11377

718-335-1906

www.ubuybikes.com

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

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

Valley Stream Bicycle

95 E. Merrick Road
Valley Stream, New York 11580

516-825-8181

www.valleystreambicycle.com

Visentin Bike Pro Shop

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

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New Haven CT 06510
203-865-2724

Newington Bicycle

1030 Main Street
Newington CT 06111
860-667-0857

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Tenafly, NJ 07670
201-568-937

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members, and we're members ourselves.

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Terry Chin at (718) 680-5227.

Bike Switzerland – Summer 2006

Come bike across Switzerland next summer!

Our non-profit organization focuses on

cultural exchange. We are running three

11-day trips for \$2,700 each; \$100

discount for 5BBC members. Any riders

putting a deposit before January 2006,

can have the 2007 trip at a 2006 price

(\$2,700). The dates are:

August 3 – 10

August 17 – 27

August 31 – September 10

Want to learn more? John Klemme.

Email: John@BikeSwitzerland.com.

Website: www.BikeSwitzerland.com.





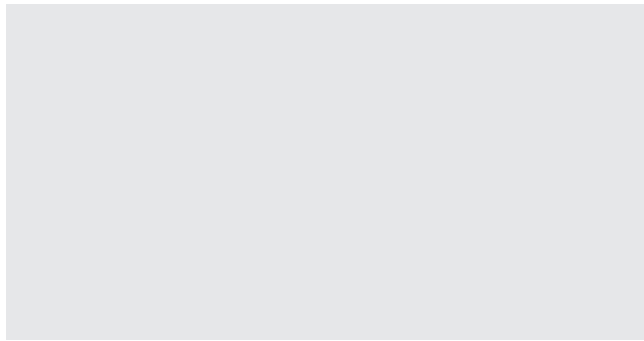
c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403

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First Class Mail
US Postage
PAID
New York, NY
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 for exact dates and locations. You can also contact the Programs Coordinator at Programs@5BBC.org. Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

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

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

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

Deadlines for submissions to the *Bicycletter* are usually the first day of the month prior to the issue. The deadline for submissions for the September-October 2006 issue is Friday, August 4, 2006.

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

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

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

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

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