

September-October  
2006

Volume 16 · Issue 5

# B I C Y C L E € € R™

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



Aug. 5, 2006: Brights lights on Broadway. Ted M. Kushner at Times Square, Lincoln Tunnel Redux ride. Photo by Danny Lieberman.

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## September-October General Meetings

Wednesday, September 27, 6:00PM

Location: Center for Architecture, 536 LaGuardia Place, Manhattan, in their wonderful library, near Washington Square Park.

For Lovers of Urban Design

Speaker: Jessica Strauss, American Institute of Architects.

Topic: Alternative building design from an environmental, energy, and a conveyance access point of view. Yes! A bicycle is a conveyance as well as a wheelchair.

As many of our members have more than an average interest in urban design and the environment, this should be a most fascinating meeting for all including those who want a basic introduction.

Monday, October 16, 6:30-9:00 PM

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.

## Weekend Trip Leaders' Report

This year's weekend trip program has been a great success, thanks to Weekend Trips Coordinator Steve Sakson and our weekend leaders. New trips this year were Montauk Weekend, Bash Bish Bash, and Lake Tahoe. A classic trip, Island Hopper, was updated. Leaders of these trips will tell us about them, with pictures and plans for next year.

Nominations will be taken for the Club's 2007 Executive Board.

Refreshments will be served.

## 2007 Board Elections

It's time for the annual Executive Board elections. The next one year 5BBC Board term begins Monday, December 4th. The names of current members are listed on page 2 of this issue. There are 13 elected positions on the Board, each with specific duties outlined below. We meet once a month to make both the weighty and the mundane decisions that keep the club running. We encourage all 5BBC members to run for positions on the board and vote.

Send the name of the nominee, nominator (if you are not nominating yourself) and the name of the person seconding the nomination, in person, by snail mail to the Club (Attn. Nominations) or email (corresponding@5bbc.org) prior to the start of the Club's October Meeting, Monday, October 16th, 6:30 p.m. Ballots, with brief written statements for contested positions, will be mailed out thereafter. Ballots must be returned prior to the beginning of the General Meeting on November 20st, at 6:30 p.m. Ballots will be counted during the meeting and the results immediately announced at the end thereof.

## Officers

*President* - Presides at meetings; exerts overall responsibility for club matters.

*Vice President* - Assists the president; may lead specific projects.

*Recording Secretary* - Takes minutes of Executive Board meetings.

*Corresponding Secretary* - Handles correspondence for general club matters.

*Treasurer* - Coordinates preparation of the budget and monitors spending.

*(Continued on page 3)*



Mr. President

## 5BBC Executive Board

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

Liz Baum, *Vice President:*  
[vicepresident@5BBC.org](mailto:vicepresident@5BBC.org)

Jesse Brown and Ira Najowitz,  
*Recording Secretaries:*  
[recordingsecy@5BBC.org](mailto:recordingsecy@5BBC.org)

Andrea Mercado,  
*Corresponding Secretary:*  
[corresponding@5BBC.org](mailto:corresponding@5BBC.org)

Mark Trainor, *Treasurer:*  
[treasurer@5BBC.org](mailto:treasurer@5BBC.org)

Danny Lieberman, *Day Trips:*  
[daytrips@5BBC.org](mailto:daytrips@5BBC.org)

Steve Sakson, *Weekend Trips:*  
[weekends@5BBC.org](mailto:weekends@5BBC.org)

Alfredo Garcia, *Newsletter:*  
[newsletter@5BBC.org](mailto:newsletter@5BBC.org)

Stephen Jackel and  
Manuel Sanudo, *Leadership:*  
[leadership@5BBC.org](mailto:leadership@5BBC.org)

Ed Pino, *Special Events:*  
[special-events@5BBC.org](mailto:special-events@5BBC.org)

Beth Katz, *Bicycle Course:*  
[bikecourse@5BBC.org](mailto:bikecourse@5BBC.org)

Barry Hartglass, *Programs:*  
[programs@5BBC.org](mailto:programs@5BBC.org)

Brian Hoberman, *Communications:*  
[communications@5BBC.org](mailto:communications@5BBC.org)

*Webmaster/Member at Large:*  
Jim Zisfein  
[webmaster@5BBC.org](mailto:webmaster@5BBC.org)

*Members at Large:* Bob Castro,  
John Chiarella, Phil Goldberg,  
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 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.

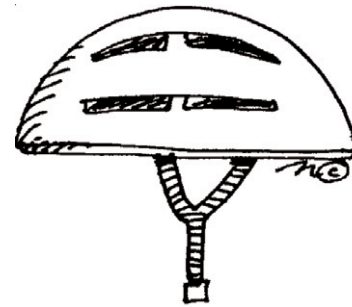
At the discretion of the leaders, rides may be cancelled due to bad weather.

### 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](http://www.bhsi.org).

# Day Tripper



Danny Lieberman. Photo: Jan Dumas.

Our Day Trips offering this time has come together and we bring to you a Fall selection that stands out. Trips to the Hudson River valley, Long Island north shore, and outer boroughs are noteworthy. We also have the first trips offered by several of our new leaders, including Josh Gosciak and Martial Henrys. Please attend their rides, I'm sure they will be rewarding.

For the first time we are offering rides to coincide with the 4th annual Open House New York. Open House is a celebration of architecture and design featuring free access to over 150 buildings and places of distinction. Well, we can only visit a few

at a time, but you can easily see more if you travel by bicycle! The first ride on Saturday, October 7th, will focus on northern Manhattan and near parts of the Bronx. The second ride will aim for lower Manhattan and Brooklyn. Find out more about Open House NY at [www.ohny.org](http://www.ohny.org)

## The Helmet Matters

I want to talk about helmets and why we, as a club, have to wear them. Most of us take our helmets for granted and would never think about attending a club ride without one. If you're going to bother to join the club you don't think twice about it. No helmet, no ride, no argument.

Back in July a new rider (not a member, as far as we know) came on a few rides with his helmet but only wore it sometimes, and then on one ride not at all. He couldn't understand why everyone asked him to wear it. What business was it of theirs? The rider in question was told repeatedly to wear his helmet.

Well, what can the club do, really? This happens every once in a while but it puts everyone involved in an awkward position. The club rules require it, the leaders will insist on it, and the rider gets angry? Wearing one's helmet is not too much to ask of our members or our guests.

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

## Board Elections *(Continued from page 1)*

### Coordinators

*Day Trips* - Helps plan, identifies leaders for and schedules, day trips.

*Weekend Trips* - Helps plan, identifies leaders for, schedules and budgets, weekend trips.

*Newsletter* - Edits and publishes the bi-monthly newsletter.

*Leadership* - Conducts the semi-annual leadership training course.

*Special Events* - Coordinates the Montauk Century and other major events.

*Bicycle Course* - Plans and schedules repair courses and seminars.

*Programs* - Plans entertainment, educational and special Club programs.

*Communications* - Publicizes and promotes club activities to the public.

### Other Rules

The five officers and the day trips, weekend trips and leadership coordinators must be trained 5BBC leaders. A president-elect must have been a club member for two years or an Executive Board member for at least six months. Persons wishing to jointly hold a position must identify themselves at the time they are nominated. Members at Large are non-voting, non-elected advisory members who are selected by the incoming President at the start of his or her term.



### Daylight Savings Time Ends

2 AM, Sunday, October 29. Set clocks and watches back one hour.



## Bike Access to Trains

### New York City Subway

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

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

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

A) Grand Central Terminal, Metro North window #27 or call 212-532-4900

B) Penn Station, LIRR Information booth or call 718-558-8228

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application: [www.mnr.org/html/mnrbikepermit.htm](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: September-October 2006

## **Saturday, September 2nd**

### **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 MetroNorth from New Haven. Suggestion:  
buy return ticket in advance! Leaders: Jonathan  
Friedman and Dennis Griffin. Co-listed with NYCC.

### ☺ **THE LITTLE RED LIGHT HOUSE**

10AM, South Ferry, 24 miles

The Little Red Light House stopped being used as  
a functioning light house 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 Josh Gosciak.

## **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 baywatching  
on the late afternoon ferry. Bring a snack and a  
lock. Leaders Terry Chin and Ed DeFreitas.

## ☺ **GRATEFUL DEAD STONE CARVERS RIDE**

9:30AM, City Hall, 20 miles

It can be uplifting to know that someone below will  
always be with us. Join us on our ride to Brooklyn  
where we learn from local craftsmen the art of  
engraving loved ones' pictures into marble gravestones.  
Bring lock and money for a restful lunch at a local  
ethnic restaurant. Rain at start cancels. Leaders:  
Richard Sanford and Maria Cummings.

## **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 a  
few extra hills or a few extra miles, if people feel  
like it, or just go straight up Rt. 501 or Rt. 9W.  
Bring hydration and lunch money. Quick Spin pace.  
Leaders: Jonathan Friedman and others.

## **Sunday, September 10th**

### **THE GREAT SWAMP**

8:30AM, World Trade Center Path station, 50 miles

If you ain't doing the TA Century today, this respite  
into suburbia is a keeper. Deep in the heart of  
Joisey lies an environmental treasure that has become  
a mecca for cyclists, hikers, and bird watchers. The  
Swamp nearly fell victim to plans for a local airport  
in the late 1950's but is now a National Wildlife  
refuge. We'll hop on the PATH train to Newark,  
then pedal to the Somerset County Environmental  
Center via a 4-county route, passing at least 10  
different municipalities. Who says taxes out here are  
high. Bring \$3.00 for PATH fare plus lunch money.  
Moderate pace, flat to rolling with some very steep  
hills. Leaders: Ted M. Kushner and others.

## **Saturday, September 16th**

### **PIZZA TOWN AND SADDLE RIVER TRAILS, Quick Spin**

9:30AM, AYH, 60 miles, some hills

Tomorrow is the Golden Apple Century, so today  
we'll take it easy. We'll stop for Bagels in Ft Lee, for  
Pizza at Pizza Town & then head up to Ridgewood  
on the bike trails. Pace 16-18 mph with stops. Bring  
\$\$ for lunch and snacks. Terrain: some climbs but  
mostly flat. Leaders Jonathan Friedman and others.

**Sunday, September 17th**

**WESTCHESTER BIKE/HIKE: BRONX RIVER PARKWAY & CRANBERRY LAKE**

9AM, Van Cortlandt Park  
(Broadway & W 242nd St), 42 miles

40 miles of scenic Westchester County roads, bike paths, and a stop at a nature preserve where we'll take a walk around a swampy lake in a quiet, forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as neighboring bike paths, the ride is 44% car free. All paths are paved and suitable for road bikes. Bring sandals or sneakers for the hike, a lightweight lock, bring or buy lunch. Rolling terrain with a few steep hills. Leaders Ed Ravin and Natalia Lincoln.

**BUREKS IN THE BRONX**

9AM, Chelsea Piers, 40 miles

The Bronx has an abundance of fine greenways and also many places for exotic eats. Experience these and much more on this new ride through many Bronx neighborhoods. We will pick up Bureks, an Albanian pizza-like delicacy, or other ethnic cuisine on our way to the Bartow-Pell Mansion in Pelham Bay Park. Plenty of greenway riding and some hilly, urban terrain. Moderate Pace. Bring a lock and \$ for lunch. Leaders Josh Gosciak and Alfredo Garcia.

**Saturday, September 23rd**

**GOLD COAST REVISITED, Quick Spin**

8:30AM, Kew Gardens, 65 miles

A good time to visit the Gold Coast country of northern LI. We'll head to Oyster Bay via Syosset before heading over to Bayville, Lattington & Old Westbury. This quick spin will require only a 15 mph average speed, water bottle, spare tube, pump and a smile. Lunch will be ordered at the start of the ride to prevent wait time in Oyster Bay. Leaders: Dennis Griffin and others.

**Sunday, September 24th**

**PIRATES OF THE LOTTERY RIDE (Quick Spin)**

9AM, AYH, 70 miles

Avast, ye maties! We'll be sailing with the fall trade winds, climbing hills and cliffs through three states! If you're a pirate and want to plunder those lottery tickets, you'll have to be fast enough! Figure 18-20 mph pace through the day. Don't forget to bring water, snacks, and some \$ for the precious tickets! Leaders: Jesse Brown and Rodney Millard.

**BRONX PERIMETER RAIN DATE RIDE**

9AM, Yankee Stadium (River Ave & E161st St), 35 miles

The Bronx Perimeter ride that was held in June was a partial washout, so they gave us a rain check when we left the stadium. We'll going back for a

fall classic tour of our mainland borough that starts and ends at the big ballpark, 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: Ed DeFreitas and Lee Ann Van Wyck.

**GREEN SPACES AND NICE ICES**

9AM, Kew Gardens, 40 miles

Pleasant riding through Queens and nearby Nassau county to one of the Island's oldest state parks. We will pick up lunch at Guido's, an Italian deli with food and much more worth seeing. Still hungry? Well, on our return we will take a break at Nice Ices. Bring \$ for lunch and of course an appetite worthy of these ices. Moderate pace and flat terrain. Leaders: Martial Henrys and others.

**Saturday, September 30th**

**WE LAUGH AT HILLS: BIKE TO ART, Redux**

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 ([www.diabeacon.org](http://www.diabeacon.org)). 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. Bring a lock and money for Metro North & the museum (\$27 total), your MTA train 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

**☺ PALISADES BIKE HIKE:**

**PEANUT LEAP CASCADE**

9AM, GWB Bus Terminal, Ft Washington Ave & W 178th St, 20 mile ride, 4 mile hike

We're going again on one of my favorite hikes, and this time a Palisades Interstate Park historical interpreter will walk with us and educate us on the history of the area. The hike starts from State Line Lookout, the highest point on New Jersey's Palisades Cliffs, and meanders down, past a waterfall to the ruins of a 19th-century estate ([njpalisades.org/slo-bike.htm#Peanut](http://njpalisades.org/slo-bike.htm#Peanut)) at the water's edge. The ride from NYC to the hike point is short and fairly easy, but the hike itself is strenuous: it involves climbing down, then up, the equivalent of a 50 story building. Bring a bike lock, comfy shoes for walking, backpack or other method of carrying water and snacks on the hike, and bag lunch or \$ for it. Leaders: Jim Zisfein and Lee Ann Van Wyck.

*(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 (concluded)

### 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

## Day Trips (continued from page 5)

### Sunday, October 1st

#### DIAL "L" FOR LOTTERY (Quick Spin)

9AM, AYH, 70 miles

See September 24th for complete description. Approximately 18-20mph. Very hilly. Bring water, snacks and a few \$ for the lottery tickets. Leaders Jesse Brown and Rodney Millard.

#### BEDFORD AVENUE EXPRESS

10AM, Doughnut Plant, 25 miles

A pre-Yom Kippur ride that will cross the Willy-B into Hassidic Williamsburgh and continue through Brooklyn to a little-known but beautifully conceived holocaust memorial. We may take a moment to toss our sins into the Atlantic before heading to lunch at Totonno's Pizzeria. Flat terrain with a brisk pace out and a more leisurely return. Bring a lock and \$ for lunch. Co-listed with Hazon ([www.hazon.org](http://www.hazon.org)). Leaders Josh Gosciak and Susan Levine.

### Saturday, October 7th

#### LAMONT-DOHERTY EARTH OBSERVATORY OPEN HOUSE

10AM, GWB Bus Station, 23 miles (some hills)

Join us for this annual Columbia University event ([www.ldeo.columbia.edu](http://www.ldeo.columbia.edu)), between the New Jersey-New York State border. Attend various exhibits, demonstrations and lectures about the earth sciences. Bring a lock and lunch (some food will be served at the institute). Possible sidetrip afterwards to nearby Stateline Lookout Park ([www.njpalisades.org/overlooks.htm#State](http://www.njpalisades.org/overlooks.htm#State)) for spacious views. Co-listed with NYCC. Leaders: Stephen Jackel and Alfredo Garcia.

#### ☺ OPEN HOUSE NEW YORK # 1:

##### WAVE HILL AND MORE

9AM, AYH, 30 miles

Wave Hill, the gardens and estate in the Northwest Bronx is one of many featured sites in the 4th Annual Open House New York ([www.ohny.org](http://www.ohny.org)). We will also visit the Highbridge Water Tower, built in 1872. Other sites may include historic houses and other surprises in the Bronx and upper Manhattan. Be sure to bring a lock, bag lunch or \$ for it. Moderate pace. Terrain is level to moderately hilly. Leaders Jim Zisfein and Ed Ravin.

### Sunday, October 8th

#### OPEN HOUSE NEW YORK # 2: MORE SECRET PLACES

9AM, Doughnut Plant, 45+ miles

The Open House New York visits continue for a second day as we check out a few more unusual and rarely seen places in Lower Manhattan and Brooklyn. Perhaps we will visit a rarely seen graveyard, a

power plant or some former military locations. The final list won't be available until closer to ride date (don't you love surprises?). Moderate pace, mostly flat riding. Bring a lock, hydration, bag lunch or but it along the way. Leaders Danny Lieberman and Maria Cummings.

#### ☺ HUDSON RIVER MUSEUM

10AM, Plaza Hotel, 30 miles

We'll ride through Central Park and up the center spine of Manhattan. We'll cross the Harlem river into The Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct till we reach the Hudson River Museum. This is not just a museum, but a mansion and a planetarium, an ecological display of the entire Hudson River and lunch with a view of the Palisades. If you didn't love our river before....well. So, bring your inquisitiveness, \$6.00 for admission, lunch or money to buy it, lock and your MTA bike permit in case you have to bag-it. Some hills, road bikes OK. Maybe a bonus museum as well. Visit <http://www.hrm.org/>. Leaders: Ed DeFreitas and others.

### Monday, October 9th

#### FIVE TOWNS REVISITED

9AM, Doughnut Plant, 55 miles

We visited the 5 towns on July 4th and it was so much fun I had to do it again for the fall foliage. New starting point in lower Manhattan takes us over the Willy-B to sprint out to southern Queens. Lunch in downtown Cedarhurst. Bring a lock, \$ for lunch and hydration. Leaders Danny Lieberman and Maria Cummings.

### Saturday, October 14th

#### OY OY OYSTERS!

9:00AM, Cunningham Park, 50 miles

Ahoy there mateys! Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's yearly classic Oyster Festival ([www.theoysterfestival.org](http://www.theoysterfestival.org)). Not only do they look slimy, but they also sure taste good. So do their cousin shrimps, clammies, steamers, and other nautical delicacies, plus the best chowder this side of Cape Horn, music, crafts, souvenirs, tall ships and maybe a turkey leg or two. What's a better way to work up an appetite than by cycling to this North Shore enclave. Free admission, but bring pieces of eight for goodies, bike locks, that wooden pegleg, and a hearty appetite. Moderate pace with the usual Long Island hills. Bring MTA bike permit just in case. Leaders: Captain Kushner, Lt. Pino, Master at Arms Baum, and maybe a Bike 21.



## Sunday, October 15th SPINNING UP THE HILLS

7:25AM, GCT, 45 hilly miles  
8:50AM, Croton Harmon Station

Join us for this beautiful, but very hilly ride through northern Westchester. While spinning on the hills (with cumulative climbing of 3500 feet), we can enjoy the fall foliage and look forward to the Blue Pig near the end. N.B.: Triples are recommended, bring MTA bike permit and be aware that there's a mile or two of riding on a hard-packed dirt road. Terrain: hills, hills, and more hills. Expect to finish by 5PM and return to Grand Central by 6PM. Leaders Brian Hoberman and Bob Castro.

## ZEN UN

8:30AM, Grand Central, 30 hilly miles

We will join with the UN Bicycle Club for this ride to the Chuang Yen Monastery in Carmel, NY. Scenic and quiet riding around the reservoirs, state parks and lakes of upper Westchester. We will have lunch at the monastery. Remember to bring your MTA bike permit, water and snacks. Leaders Josh Gosciak and Susan Rodetis.

## Saturday, October 21st

### ☺ HOMING PIGEON RIDE

12:15PM, Plaza Hotel, 25 miles

These birds really know how to earn their frequent flier miles! Witness New York City homing pigeons as they clock in from Ohio on a high energy and high stakes race where fowl play is definitely out. You'll get an earful (hopefully not an eyeful) from the guys and gals in Maspeth, Queens who really know their birds. Bring lock, and money for lunch at a local Maspeth Pizzeria. Have night lights for the ride home! Rain at start cancels. Leaders: Richard Sanford and Phil Goldberg.

## Sunday, October 22nd

### NO RIDES TODAY, WE'RE ALL DOING THE TOUR DE BRONX!

## Saturday, October 28th

### FALLING FOR PLANTING FIELDS

8AM, Bridgemarket, 58 miles  
9:45AM, Cunningham Park, 45 miles

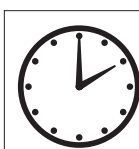
Join us for a ride to Planting Fields, one of the few remaining Gold Coast estates on Long Island's North Shore that retains its original 400+ acreage as well as its historic buildings and landscape. We'll spend some time on its rolling lawns and formal gardens, all the while enjoying them at what we hope is the peak of the fall foliage season. Free entry to the

grounds. Bring a lock. Lunch will be carried a few miles to PF if the weather is nice. Expect to return to Cunningham Park. No group return to Bridgemarket. Terrain is rolling hills. More info at [www.plantingfields.org](http://www.plantingfields.org). Leaders Brian Hoberman and Andrea Mercado.

## COMPU-TRAINER EXCURSION

9AM, AYH, 35 miles

We will ride to the Original Bike Shop in Saddle Brook, New Jersey for a demonstration on the Compu Trainer, a virtual reality bicycle training system complete with simulation and computer screens. There are two trainers side by side allowing two cyclists to compete with each other. Mel, the proprietor, is offering this demonstration with our participation at no charge. Leaders: Kent Mark and Jim Mallard.



### Daylight Savings Time Ends

2 AM, Sunday, October 29. Set clocks and watches back one hour.

## Sunday, October 29th

### GRAVES ANATOMY, THE 2006 CEMETERY RIDE

9AM, Brooklyn Boro Hall, 55 miles

As if we didn't have enough cemetery-themed rides already this year, this is the final roundup with some encores and new faces. If riding to cemeteries seems odd to you, keep in mind that we maintain a somber tone, dress in black, and make a dignified appearance to pay our respects to both notables and forgotten souls. We intend to have fun, but quietly and with dignity. The final itinerary will not be known until closer to the ride date. Terrain is mostly flat with some easy climbs. We will definitely get to some new places in both Brooklyn and Queens. Brisk pace (approx 15-16 mph). Leaders: John Chiarella and Danny Lieberman.

## 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 Beth Katz.

*(Continued on page 8)*

## 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.

### Fridays, September 1, October 6 Moonlight Ride

10PM, Columbus Circle

### Saturdays, September 9, October 14

#### Prospect Park Moonlight Ride

9PM, Prospect Park entrance at Grand Army Plaza

Both Moonlight rides are organized by Time's Up [www.times-up.org](http://www.times-up.org). These are night rides: Bring lights!

### Friday, September 1st - Monday, September 4th HAZON - New York Jewish Environmental Bike Ride

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

### Saturday, September 9 AIDS Ride For Life (Century ride in Ithaca, NY)

Southern Tier Aids Program  
[www.stapinc.org/](http://www.stapinc.org/)

### Sunday, September 10th NYC Century Bike Tour (Transportation Alternatives)

[www.nyccentury.org](http://www.nyccentury.org)  
[info@transalt.org](mailto:info@transalt.org)

### Bike The Miles For Human Trials, Charlestown MA

[www.bikethemilesforhumantrials.com](http://www.bikethemilesforhumantrials.com)

### Friday, September 15th - Sunday, September 17th Braking the Cycle

[www.brakingthecycle.org](http://www.brakingthecycle.org)  
Blake Strasser (212) 989-1111  
[bstrasser@globalimpactpro.com](mailto:bstrasser@globalimpactpro.com)

### Saturday, September 16th Pedal for People: The ride to end hunger in Rockland County

[www.pedalrockland.org](http://www.pedalrockland.org)  
[info@pedalrockland.org](mailto:info@pedalrockland.org)

### Shoo-Fly Classic Metric Century Info:

[www.berksbicycle.com/shoofly.htm](http://www.berksbicycle.com/shoofly.htm)  
email [bcwebmaster@yahoo.com](mailto:bcwebmaster@yahoo.com)

### Sunday, September 17th The Golden Apple

[www.westchestercycleclub.org](http://www.westchestercycleclub.org)  
[MichaelMMiller@optonline.net](mailto:MichaelMMiller@optonline.net)  
(888) 777-8229

## Regional Roundup (Concluded)

**Sunday, September 17th**  
Mid-Hudson Bicycle Club  
Century  
www.midhudsonbicycle.org

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

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

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

**Pumpkin Patch Pedal**  
www.sibike.org  
mpirone@aol.com or  
ronaldona@msn.com

**Saturday, October 7th**  
Seagull Century  
www.seagullcentury.org

**Saturday, October 7th -  
Monday, October 9th**  
Bike for SCORES  
www.bikeforSCORES.org  
(212) 989-1111  
bstrasser@globalimpactpro.com

**Sunday, October 8th**  
Harvest Ride/Sound Cyclists  
www.soundcyclists.com/Harve  
st2.htm

**Oct. 8, 2006**  
Tour de Foliage

**Benefit for Familial  
Dysautonomia, Pleasantville, NY**  
www.FDcycletour.org

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

## A New Bike: One Woman's Journey



Photo by Danny Lieberman.

By Ladie Whitaker

Buying a new bike is almost like buying a new computer - how many bells & whistles did I want? How much can I spend? How much will what I want cost me? And also, what do you call that thing? And that other thing attached to it?

My journey started sometime last year. It could have been after the Ramapo Rally Metric Century (which was worse than any century I've ever done), Vermont's Mad River Century or the Twin Lights Century. It was all done with on a very heavy, extra large Specialized hybrid.

This bike was bought before Columbus Day 2004, so it was relatively new. On last year's MS Bike Tour, people passed me on Rt. 9W and River Road with the greatest of ease while I pedaled with all my might, in the big ring, my highest gear and still couldn't keep up. Not the granny gear.

This experience, despite cycling being a fun thing, bruised my competitive spirit. I knew it was time for a lighter road bike.

My first stop was the Internet. I went to every major bike manufacturer site out there. After the initial sticker shock, I tried to come up with a budget.

### Day Trips (continued from page 7)

#### Saturday, November 4th

☺ **PALISADES BIKE HIKE: BOMBAY HOOK**  
9AM, GWB Bus Terminal (W 178th & Ft  
Washington Ave), 20 mile ride, 7 mile hike

Get up close and personal with the New Jersey's Palisades cliffs on this classic bike hike. The ride takes River Road through the park to Alpine Marina. The hike (<http://www.njpalisades.org/alp-hike.htm#Bombay>) brings you to some of the most impressive scenery in the area. It includes a 500 foot climb that is moderately strenuous but not technically difficult. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Relaxed, easy pace for both ride and hike. Leaders Jim Zisfein and others.

#### ☺ **SURPRISE RIDE**

10AM, AYH, 30 miles

Details for this ride will be posted online when they become available. Bring a lock and \$ for lunch. Leaders Ed Pino and Liz Baum.

**Sunday, November 5th**  
**ELMONT AND GARDEN CITY**  
8:30AM, Doughnut Plant, 60 miles

We rode out to Elmont, Long Island on Memorial Day and I don't mind going back there. We found a fine diner along the way, after all. This time I'd like to ride a little farther (Garden City), a little faster (15-17mph), and see what else we might find. Bring hydration, a lock, and a few \$ for lunch at the diner. Leaders Danny Lieberman and Rhonda Wittorf.



My second stop was the 5BBC Bulletin Board. I received great advice from many different members. Some emailed and phoned me personally. One leader, Alfredo Garcia, took me to the Tread shops and explained bikes, styles and components. This search took so long because I was so busy. So the search was on again, off again.

With a small pad and pen in hand so that I could write down information, I went to more bike shops: Sid's, NYC Velo, Bicycle Habitat and Westchester Pro Bike Shop. Jesse Brown & Richard Conroy both gave me great advice. A phone call from Richard was very in depth from the handlebars to the rear wheel and everything in between. I received more helpful emails from John Chiarella and people posting on the board. I was slowly learning "bike-speak."

My plan was to buy a new bike in February at a discount. But because of my busy schedule, by mid-March I wasn't able to. So I signed up for Richard's "How to Buy a New Bike" class. It was a great and helped solidify what I wanted.

Shortly after class, on Easter Sunday, with credit card and online printouts in hand, I ventured out to buy a new bike. Before I left, I called Richard for some last minute advice. He generously spent time with me on the phone, logged onto his computer and gave me more suggestions and tips.

I had heard so many good things about Bicycle Habitat, that I thought this is where I wanted to buy my bike. The owner, Charlie McCorkle, greeted me and went to get the salesman I had spoken to previously.

I spent approximately five hours there! Test rode 3-4 bikes, one of them twice. Because of the length of my legs, I was not able to get a women's specific design bike. Since my previous bike was a hybrid with upright handlebars, bending over and forward seemed strange. After all was said and done, I was torn between a Specialized Roubaix and a Trek Pilot 5.0. They both felt good but there was an \$800 price difference with the Trek being the higher of the two. I sat down and thought about it and wrote it out on my little pad, comparing everything.

Still unsure, I put another call into Richard. Once again he was very generous with his time and advice. He assured me that Shimano 105 components were very good. The salesperson also told me they were good and that when he changes his components, he uses Shimano 105 even though he gets a discount on everything.

After some more thought, absolutely no hard sell from the salesman and another test ride, I decided to buy the black & silver Specialized Roubaix! I also needed mountain bike shoes and SPD cleps

pedals. I had to try on about 5 pairs before I could find a good fit. I needed water bottle cages, a lock, a pump, a bell and I bought a new silver helmet to go with the bike. Unfortunately, the bell would not fit because the handlebars had already been wrapped with padding enclosing the gear cable too. I also decided against buying the lock. After so many hours the end was near.

I was all equipped and ready to go - or so I thought. I could not clip in! I tried and tried and felt like such a spaz when I couldn't do it. So Sat (pronounced sAHT) the salesman put the bike on the trainer so that I could clip in correctly. A passing salesman saw me on the trainer and took out a plum line to make sure the seat was high enough and that the clip was positioned correctly.

Sat loosen the pedals' tension to make it easier to get in and out of them. I was on my way. I thought the bike path would be the safest place for me and my new bike. I was directed to go across Houston Street. After only 2 or 3 blocks a yellow taxi making a left turn and headed right at me. I stumbled a bit as I saw the cab coming at me. Did I think of losing life and limb? No! All I could think of was my new bike and the possibility of it getting damaged. The cab driver just looked at me like I was a nut.

I made it to the bike path without further incident. That is until I reached a short but steep hill directly underneath the George Washington Bridge. It's a hill I've gone up many times before with my hybrid. Unfortunately, I attempted the climb fully clipped without sufficient knowledge of shifting into the best gear for me. I got about half way up and came to a dead stop. I tried desperately to unclip my feet. Unfortunately, my right foot came loose but I was leaning left. It was sort of a slow motion lean and plop. I banged my elbow a bit and the backpack I was wearing broke my fall. I made it home that day without further incident.

What do I like about the new bike? It's a lot lighter than my old bike. A few strokes of the pedals, I'm going fast. The shifting is so smooth. I can quickly maneuver around manhole covers, potholes and anything else.

What don't I like about the bike? Leaning over and forward takes some getting used to. I don't like feeling every bump. This has improved since I purchased a woman's saddle. And then there are the SPD pedals. I'm still getting used to those. I like that they keep my knees in line and stable while pedaling. I had no knee pain before, after or during hill climbs. I had another lean and plop on the Mother's Day ride to Ridgewood while trying to get up a hill and a had a run in with a construction plate on the Bridges of New York ride. These falls

(continued on page 12)



Toll, what toll? Oceanography, what!?  
Photo by Danny Lieberman.

## Musings of a Bicycletter Man

Since taking the "point" of this humble publication, I always want to put more feature items by members. It's never enough. Articles add "soul" to the *Bicycletter*—beyond the usual listings of rides and weekend trips.

A new publication will come out in Mid-November. It will be called *Point Drop Sweep—Magazine of the Five Borough Bicycle Club*. It will be paperless, in a COLOR pdf format. A virtual magazine for 5BBC members.

Articles are welcome. If you want to write about a bike trip or tour, maybe a new bike you got or just about something to do with you and your bicycle, get in touch with me.

Correction: July/August 2006 issue—Katie Sayers, not Kay Gunn, was the randonneur cyclist who rode the century. Recently, with the inspiration of her fiancée, she completed a tough brevet ride in Montreal, Canada.

Alfredo Garcia  
Editor  
*Bicycletter*

## The Ride for Missing Children

Sunday, September 17, 2006

The Ride for Missing Children will be a bicycle tour through the charming towns of New Jersey's picturesque Monmouth County. Cyclists will have the opportunity to take in both the natural scenery of the inland areas as well as the lovely ocean views along the Jersey Shore. This ride will honor our nation's missing children, create more awareness of child victimization, and raise money to support the ongoing work of the National Center for Missing & Exploited Children. In conjunction with this ride, Pier Village will be sponsoring a Child Safety Day. This will include digital child IDs by the U.S. Secret Service and safety seminars by local law enforcement. A fun event for the whole family!

<http://www.missingkids.com/bikenj>

We are looking for volunteers for rest stops, registration, sag, riding marshals, set up, and clean up.

## Savvy Cyclist Class

Bike New York

Would-be cyclists daunted by the challenges of riding in New York City can bolster their confidence and sharpen their skills in a FREE one-day course for adults, courtesy of Bike New York.

Classes will be offered Saturdays, September 9 and October 14, taught at the Recycle-A-Bicycle Shop in Queens, Fifth Street at 46th Avenue, Long Island City.

Registration is free. Visit [www.bikeneويورك.org](http://www.bikeneويورك.org) or contact Richard Conroy, the Bicycle Education Program Manager, by phone (212) 932-2453, extension 159 or sending an email to [richc@bikeneويورك.org](mailto:richc@bikeneويورك.org).

# SpokeWrench: The NYPD Changes the Rules

By Danny Lieberman

Last time I discussed the controversial monthly Critical Mass Ride in Manhattan. These rides had been taking place peacefully until August 2004, when they have had to contend with the massive response from the NYPD. Just a couple of weeks ago the NYPD announced their new tactic in their war against Critical Mass. They published a notice that they would be changing the language of how they define a "parade" or "procession" in the set of traffic rules that are under their control. The notice was actually about a public hearing at 1 Police Plaza about the new rules on Wednesday, August 23rd. They will go into effect on August 24th.

Now the language that is used in the new definition is quite clearly so wide in scope that it could include just about any group of people doing many possible things, from walking down the street to a family who are riding bicycles to a funeral procession driving down the street. The language includes bicycles but it is generalized to include pedestrians and all vehicles.

Anyway, the new language is clearly unconstitutional because it forbids any group of cyclists or pedestrians or other vehicles from traveling together without a permit! This is language that was written for the

police to crack down further on Critical Mass rides, not that they really need another "tool." But a judge told the NYPD that their definitions were too vague so they are now trying to be more specific!

So, it should no surprise that the whole bicycle community is alarmed. Criminalizing the behavior and rights to travel that we take for granted is the wrong move, and surely this will be litigated and decided in either a courtroom or the city council.

Now I don't for a minute believe that the NYPD is going to do anything to stop 5BBC day trips from occurring, or any other rides offered by this or any other club. This is all about the Critical Mass rides.

Some within the 5BBC are trying to make it sound like the police department will shut down 5BBC rides. I just want everyone to know that will not happen. You may be impacted if you ride your bikes on the last Friday of the month at Union Square and 14th St. If you live or work near there, ride carefully.

I will suggest that if you believe in free speech, free assembly, and free bike rides, you should write to the mayor and police commissioner and ask them to get rid of these ridiculous regulations before the next judge throws them out.

## The Return of Betsey!

*Hey Alfredo-you punk. I was coming up to this Harlem valley ride to harass your ass but couldn't make it.*

The summer's heat was on – I had to blow town. Schwartz, that Brazilian broad, on West 58th St., had the fuzz nosing in my innocent, no-hurt, no-foul business. Where to go to get some ex, meet men, not spend much money and meet men.

Bike New York had a great magazine they put out for this year's bike tour. Had all these summer activities listed. Cycling the Erie Canal got my interest – From Buffalo to Albany – mostly flat – I'm familiar with that. I volunteered my services for the ride, men being in charge of this, they were interested.

So I had to get my bike and my ass from NYC to Buffalo. I never worked so hard not since that convention of Shriners from Des Moines was or were in town. Shipped the bike and took the hound.

Downtown Buffalo sucks. [*No, it doesn't – Ed.*]

8 days riding that friggin' bike. Break down the tent, put it on the truck, ride 50 some odd miles to another town on the Erie Canal and repeat. I loved it. Five hundred people from all over. I had a deal: one day on the bike, one day driving the sag wagon. Food was great, the people were terrific, the cycling was excellent and the men were sweaty. The rain and the mosquitoes were another story.

Check 'em out [www.ptny.org/canaltour](http://www.ptny.org/canaltour). Parks and trails is the sponsor. They also do another tour from Albany to NYC in August. This is the eighth year for the canal ride. Very pretty and historical. Always in July. Costs \$500.

Now I'm off the Emporia, Virginia. The great peanut ride-early September. I'll pick them goobers clean. I'll keep ya posted if I get arrested or not.

Betsey

# 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 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)

## Labor Day Special

### CAPE ESCAPE

September 1-4

(depart Friday morning, return Monday night)

Trip No. CAPE

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.

**SOLD OUT**

## Bucks County Beauty

### PEDAL TO PENNSYLVANIA

September 2-4

(Depart Saturday morning; return Monday evening)

Trip No. PENN

Deposit: \$100 Full Price: \$170

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

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.

*(continued on page 12)*



## 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. For more info or to send feedback, please email Clarence Eckerson, Jr. at [info@bikeTV.org](mailto:info@bikeTV.org).



August 12, 2006: Happy 5BBC weekenders at the Brant Point Lighthouse, Nantucket, Massachusetts. We hope you didn't let another summer pass by without going on a 5BBC vacation (photo: Jim Zisfein).





## We Have a Winner!

The winner of the 5BBC jersey contest is Caryn Greenberg. Her winning design, with 5BBC's logoman cycling off of, through, around and over the five icons that represent NYC's five boroughs captures the essence of the 5BBC beautifully.

We are now taking advance orders for the five icon jersey. You can place your order either through the 5BBC web site ([www.5bbc.org](http://www.5bbc.org)) or with the snail mail order form in this issue.

As winner, Caryn will receive a \$200 prize and a big thank you from the 5BBC for a nifty design. Let's not forget our other contestants though. For their efforts they will get free membership in the 5BBC for 2007. They will also get a thank you from the club that's just as enthusiastic as the one we gave Caryn, because it's volunteers like them that make the 5BBC the friendliest bike club in the city.

Bob Castro



Two ladies on the Staten Island Ferry: "Hey, did you hear about the new 5BBC jersey? I can't wait to get one!" (Photo: Danny Lieberman).

## Weekend Trips (continued from page 11)

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 ?, contact Susan Rodetis directly [srodetis@earthlink.net](mailto:srodetis@earthlink.net)

Trip is tentatively fully booked.

E-mail [weekends@5bbc.org](mailto:weekends@5bbc.org) to get on waiting list, or call 212-932-2300, ext 138.

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### *Easiest 100 miles in the East*

#### SEA GULL CENTURY

Columbus Day Weekend: October 6-8  
(depart Friday morning, return Sunday evening)

Trip No. SGC

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).

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## New Bike (continued from page 9)

came even though I practiced clipping in and out on several rides. I'd just roll along and clip in and out. I'd clip out standing and sitting. I think if I remember not to turn my front wheel towards the right when I'm unclipped and prepared to step left, I'll be OK. All in all I love my new bike. And as I get used to the gears and clipless pedals, I will love it even more.

P.S. The Montauk Century, my first century ever on a road bike, was a dream! It was such a difference. Was passing people that I thought there's no way I should have been passing. This was especially nice since I hadn't worked out or done most of the training rides. Going fast, passing people, I think this is the beginning of a beautiful relationship.

# Why Would It Benefit Me To Be Self-Sufficient?

By Kent Mark

Does it actually benefit all persons including the Club in general when demonstrating self-sufficiency of your bicycle and yourself, the rider?

The answer is overwhelmingly in the affirmative. In the prior newsletter, we talked about participation in various cycling related activities and events be they club or non-club sponsored. The point was made that both cyclists and cycling advance in a positive manner through active participation.

We touched on the care of the rider when we discussed the meeting at which Dr. Cohen, her field of expertise being sports medicine with much experience with cyclists and cycling, discussed training and the care of you the cyclist with regard to preventing self-induced injuries thereby allowing you to continue cycling.

This is but one area of self-sufficiency. Equally important is having the right items with you should you inadvertently injure yourself. Such items could include a first aid kit with the knowledge of how to use it.

Let's now look at the equipment that you bring with you to the ride. That equipment can be divided into two areas, the bicycle and the tools and component parts that you bring with you. It has been brought to my attention by other club members that while the 5BBC is known for being friendly and good natured, they believe this is sometimes taken advantage of. Let me elaborate. In order to successfully complete a ride without creating a nightmare for the cyclist or for other cyclists on the trip, a tripper must have a bicycle that is in sound mechanical condition and must have with him or her some basic tools and parts to make repairs on the road. For example, a cyclist can not depend on someone else having a spare tube that will fit his or her bicycle tire should the need arise or that another cyclist will have a tool that you may require for the repair of your bicycle, but one that is not normally carried by others. An example would be an adjustable wrench to remove wheels not having quick releases.

The two most common breakdowns on the road involve flat tires and broken chains. Knowing this, it behooves one to appear at the ride with a sound set of tires and tubes properly inflated and with a mechanically sound properly lubricated chain. The condition of your chain can be checked both visually and with a chain measuring tool. Since a bicycle is

composed of many mechanical parts comprising the whole, all should be sound and properly adjusted, a job properly left to competent mechanics at a reputable bicycle shop. Your fellow cyclists at a ride are not always your bike shop.

Having said that, it is not enough to have a good bicycle, some tools, and some spare tubes and parts, you must know how to handle the bicycle, how to use the tools, and how to install the parts. To that end, the Club offers mechanical repair classes wherein bicycles, componentry, and repairs are discussed and implemented. A repair manual covering repairs is provided and depending upon the mechanical inclination of the cyclist, some repairs may be accomplished without the assistance of professional mechanics, but only if you know what you are doing.

To win the hearts and minds of the public, the cyclist requires diligent exercise of responsibilities. Part of being responsible is being and showing competency among your own peers, that self-sufficiency being a benefit not only to others, but also to ourselves.

## **Bike-related events contributed by Kent Mark:**

### **September 22-24, 2006**

Englishtown Raceway Park, Englishtown, NJ  
Flea Market with dozens of vendors selling used bicycles, amongst the Auto Show  
Info: [www.racewaypark.com](http://www.racewaypark.com)

### **Sunday, October 1st**

20th Indian Summer Trexlertown Bicycle Show and Swap Meet  
Goodwill Fire Company  
7723 Hamilton Boulevard (Rt 222) @ Rt 100  
Trexlerstown, Pennsylvania  
No entry fee - Opens 6AM  
Info: [www.copeakeauction.com/bicycles/images/trexlerflyer.gif](http://www.copeakeauction.com/bicycles/images/trexlerflyer.gif)  
(610)-395-5662  
5PM - 9PM  
Paul Bike's Shop (570) 784-8877

## **Want to Obtain a Different Prospective on Cycling?**

Why not subscribe to one or more non-domestic cycling magazines? Magazines that originate in foreign countries where they are serious about cycling. Go to [www.calhouncycle.com](http://www.calhouncycle.com) or call 612-827-8000 and ask for Sarah to find out more about A2B Magazine and VELOVISION Magazine, both from England.



## **NY Times and John Chiarella**

A Heavenly (but Off-Limits) Place to Ride a Bike, by Steven Kurutz. Our own John Chiarella was mentioned in the Sunday *NY Times* City Section, August 13, about bicycle access into cemeteries. One in particular is Green-Wood Cemetery, Brooklyn, which are banned for safety reasons and a "need to comfort the loved ones." John responds: "I understand the cemetery's viewpoint. How do you keep the bikes and the kids off the lawn? But we're a group of adults. We'll get insurance and be organized." He continues to say if given access, he would visit the grave of Charles "Mile-a-Minute" Murphy, shown above. This famous cyclist, in 1899, rode with a locomotive and attained a then-record 60 miles an hour.



**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 small 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 Memberships: two persons at same address.  
 All memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

**Weekend Trip - Name** \_\_\_\_\_  
 Indicate number of trippers (2 max) & trip price  
 Trippers @ \$ \_\_\_\_\_ each = \$ \_\_\_\_\_ Total  
 Amount Paid (Payment in full req'd for discount price). \$ \_\_\_\_\_

**5BBC Holiday Party**  
 Saturday, December 9th at \_\_\_\_\_ \$ \_\_\_\_\_  
 \_\_\_\_\_ Members @ \$25 each.....\$ \_\_\_\_\_

**Bike Course**

Date of class \_\_\_\_\_  
 Members \$20, Nonmembers \$30 each.....\$ \_\_\_\_\_

**Five Icon Jersey**

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.....\$ \_\_\_\_\_

**Lady Liberty Jersey**

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.....\$ \_\_\_\_\_

**5BBC Patches**

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

**Total Payment**.....\$ \_\_\_\_\_

Make check or money order payable to **5BBC** and mail to:  
**Five Borough Bicycle Club**  
**891 Amsterdam Avenue**  
**New York, NY 10025**



# 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](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

### Victor's Bike Repair

4125 Broadway (@174 St)  
NY, NY 10032  
212-740-5137

### Queens

#### Bellite Bicycles

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

#### Bicycle Barn

107-34 Springfield Blvd  
Queens Village, NY 11429  
718-479-3119

#### Spin City Cycle

110-50 Queens Blvd  
Forest Hills, NY 11375  
718-793-8850

[www.spincitycycle.com](http://www.spincitycycle.com)

#### 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](http://www.ubuybikes.com)

#### Bill's Ozone Park Bicycles

108-11 Liberty Avenue  
South Richmond Hill NY 11419  
718-641-1880

#### Buddy's Schwinn Bicycle Corp

79-30 Parsons Blvd  
Flushing, NY 11366  
718-591-9180

#### 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

#### South Shore Bicycle & Fitness

1067 Broadway  
Woodmere, NY 11598  
516-374-0606

#### Valley Stream Bicycle

95 E. Merrick Road  
Valley Stream, New York 11580  
516-825-8181

[www.valleystreambicycle.com](http://www.valleystreambicycle.com)

#### 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

## Licensed Massage Therapy by Seth Asher

Swedish, deep tissue and pre-natal massage.

"A truly gifted massage therapist"

—Carol Wood, Manhattan

Experienced, knowledgeable and dedicated.

Charmingly tranquil Brooklyn Heights studio.

Yoga People, 157 Remson Street

Phone: 718.802.1972

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.

### 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

#### Marty's Reliable Cycle

173 Speedwell Avenue

Morristown NJ 07960

973-538-7773

[www.martysreliable.com](http://www.martysreliable.com)

#### Strictly Bicycles

507 Main Street

Fort Lee, NJ 07024

(201) 944-7074

[www.strictlybicycles.com](http://www.strictlybicycles.com)



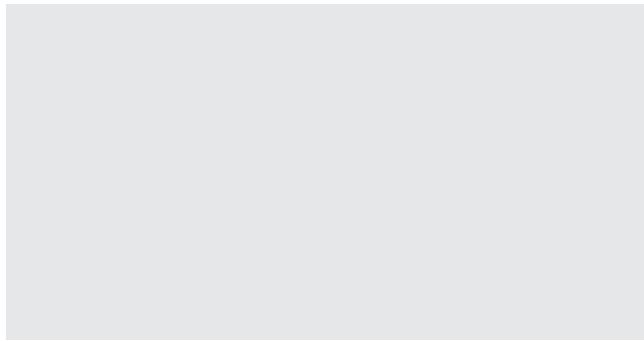
c/o Bike New York  
891 Amsterdam Avenue, Room 002  
New York, NY 10025-4403

Address Service Requested

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



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 November-December 2006 issue is Friday, October 6, 2006.

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*Bicycletter* September-October 2006  
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Graphic Designer: Jane O'Wyatt  
Any uncredited photographs: Alfredo Garcia

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

 **Daylight Savings Time Ends**  
2 AM, Sunday, October 29. Set clocks and watches back one hour.

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