

November-December
2006

Volume 16 · Issue 6

B I C Y C L E € € R™

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



Outside the City Reliquary. Photo by Danny Lieberman.

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(47, count 'em
47!)**

Five Borough Bicycle Club General Meetings

Monday, November 20, 2006, 6:30–8:30 PM

Tod Moore & Friends Report / Wine & Cheese / Executive Board Election Plus Randonneur Cycling

Location: Hostelling International, 891 Amsterdam Avenue (at 103 St), Manhattan, Room 111 (Board Room). Subway: #1 to 103 & Broadway.

We will start the evening with our traditional wine and cheese party and balloting for the 2007 5BBC Executive Board. 5BBC member, Paris-Brest-Paris "ancien" and Randonneur USA member Leroy Varga will talk about long distance randonneur cycling. Visit www.rusa.org, for background info. Then, cyclist extraordinaire Tod Moore (www.todmoore.net) and friends will entertain us with a multimedia presentation of their bicycling expedition from St. Etienne to Nice. (Yes, that's France.) Finally, election results will be announced.

As always, Tod will have valuable tips on how to travel with compact/folding bikes, maximize trip enjoyment, and minimize hassles. If you want to tour by bicycle, you owe it to yourself to hear what Tod has to say.

Saturday, December 9, 7:30 PM

5BBC Holiday Party

Location: Woolworth Tower Kitchen, 233 Broadway at Barclay Street, Manhattan (entrance on Barclay St.)

It's been a banner year. We've had new and innovative day rides, much-enjoyed weekend trips, the biggest Montauk Century ever, and (ahem) an award-winning monthly General Meeting series. It's time for a well-deserved blowout. Our year-end party, more than half subsidized by your club, will include: Full dinner buffet, including vegetarian and non-vegetarian selections; Beer, wine, soda, coffee and dessert; DJ for your dancing pleasure; Optional cash bar and raffle.

Advance registration is \$25 per person until 12/6. See mail registration form on page 7. At-the-door registration, if still available, will be \$30. Check www.5bbc.org for online registration.

If you have questions, or have difficulty registering, or are bringing young children, or have economic hardship, please contact programs@5bbc.org. Indoor bike parking is available. The facility is handicapped-accessible.



Mr. President

5BBC Executive Board

Ed DeFreitas, *President:*
president@5BBC.org

Liz Baum, *Vice President:*
vicepresident@5BBC.org

Jesse Brown and Ira Najowitz,
Recording Secretaries:
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Danny Lieberman, *Day Trips:*
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Manuel Sanudo, *Leadership:*
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Ed Pino, *Special Events:*
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Beth Katz, *Bicycle Course:*
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Barry Hartglass, *Programs:*
programs@5BBC.org

Brian Hoberman, *Communications:*
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Webmaster/Member at Large:
Jim Zisfein
webmaster@5BBC.org

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

☺ 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.

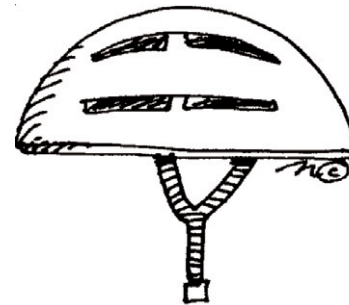
At the discretion of the leaders, rides may be cancelled due to bad weather.

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



Danny Lieberman. Photo: Jan Dumas.

Our Fall program continues this month with some new rides and some old favorites.

November trips include a century ride up the North County Trail to Carmel (Nov. 5) and back, a reprise of our training ride to Northvale, NJ (Nov. 12), and a post thanksgiving trip to Canarsie (11/25). When December rolls around so do our Frostbite rides. Note that there is a relatively new “Frostbite Ride #0,” to the Broadway Diner in Summit, on Nov. 19.

This December also marks the return of the popular Temperature Regulators rides and our new series, Freezer Burn. Whether you're embarking on a short trip or a longer distance, you should still be prepared

for cold weather. As long as you've got a few layers on top and thick tights, you'll be fine. Investing in booties and winter gloves will keep you ready for riding in the cold.

Still not sure you're ready to ride in the Winter? Check the weather before a ride. If the ride description does not explicitly indicate it, it will not be cancelled unless it is raining, or if the morning temperature is under 32F.

Happy Holidays!

Danny Lieberman
Day Trips Coordinator
daytrips@5bbc.org

Learn How To Ride A Bike.

Call for group or individual appointments. Experienced instructor of 20 years. Call Terry Chin at (718) 680-5227.

Bike Switzerland – Summer 2007

Come bike across Switzerland next summer! Our non-profit organization focuses on cultural exchange. \$200 discount for 5BBC members who sign up before January 10th. The dates are:

July 5 – 15 • July 19 – 29 • August 2 – 12 • August 16 – 26
August 30 – September 9

Want to learn more? John Klemme. Email: John@BikeSwitzerland.com.
Website: www.BikeSwitzerland.com.

Licensed Massage Therapy by Seth Asher

Swedish, deep tissue and pre-natal massage.

“A truly gifted massage therapist”

—Carol Wood, Manhattan

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Bike Access to Trains

New York City Subway

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

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

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: November-December 2006

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.

☺ **TURKEY RIDE WITH ED AND LIZ**

10AM, AYH, 30 miles

The surprise is out: Join Ed and Liz for the famous
Turkey ride. Charlie has retired but has agreed to
cook us his famous turkey at Ed and Liz' new
apartment in Queens. Terrain is mostly flat. Bring
\$ for sandwiches. Leaders Ed Pino and Liz Baum.

Sunday, November 5th

NORTH COUNTY TRAILWAYS CENTURY (Quick Spin)

7:30AM, Pelham Parkway & White Plains Road,
100 miles

No point-drop-sweep on this A-paced century ride
up the North and South County Trails between
Van Cortlandt Park and Carmel. A round trip,
mostly greenway ride, you must be prepared to
cruise with the pack between 18-20 mph. A quick
lunch stop in Carmel before returning. Bring
hydration, snacks, and your MTA bike pass just in
case. Leaders Jesse Brown and Rodney Millard.

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. This time
we'll go a few miles farther, to Garden City, and
lunch there. We'll travel at a "B" pace (15/16mph)
in order to get home before dark. Bring hydration,
a lock, and a few \$ for lunch at the diner. Leaders
Danny Lieberman and Rhonda Wittorf.

☺ **MANHATTAN PERIMETER REDUX**

9AM, City Hall, 30 miles

We were rained out of this series finale in August
so we're reviving it in November. Manhattan, our
most urbane of boroughs, has a splendiferous
coastline with plenty of auto-free riding, especially

along the Hudson and Harlem rivers. Whether you
joined the other 4 summer perimeter rides or not,
why not take this stroll around the island? Bring a
lock, bring or buy lunch. Moderate pace. Terrain is
pancake flat. Leaders Ed DeFreitas and others.

Saturday November 11th

☺ **IN STITCHES RIDE**

10:15AM, City Hall, 25 miles

See how David and Hilda use high-tech equipment
(and neurosis) to establish "Pins and Needles", a
shop that embroiders all sorts of logos onto hats
and shirts. Be you a geek, a nerd, a Macho Man, or
Ms Cool, the right hat can bring out (or hide) the
real you. Bring a lock and \$ for lunch at a local
Jackson Heights ethnic restaurant. Ride leaders
Richard Sanford and Maria Cummings. Rain at
start cancels.

Sunday November 12th

NORTHVALE IN NOVEMBER

9AM, Columbus Circle, 45 miles, B-Pace

Each spring we ride to Northvale for Montauk
Training. Why not in the fall? We'll travel at a
minimum 15mph pace to the Northvale Diner,
where they will still be serving up banana nut
pancakes and the like. Churchill Road will still be
serving up leg cramps. Bring a bike lock and \$ for
lunch. Leaders Jim Zisfein and Josh Gosciak.

☺ **WEST SIDE STORY**

12:30PM, AYH, 18 miles

We'll explore the West Side with a tour of NYC's
landmarks. From Grant's Tomb to the Battery, we'll
finish our ride with lunch at the South Street
Seaport. Bring a lock, a snack or \$ for it. Leaders
Terry Chin and Ed DeFreitas.

Saturday November 18th

REVERSE RIDE TO ROCKAWAY

9AM, Kew Gardens, 35 miles

We'll be heading to Breezy Point and Rockaway
through Cypress Hills, East New York, and the Belt
Parkway Bicycle Path. Our return will be via the
Cross Bay Bridge, Howard Beach and Ozone Park.
Lunch will be after the ride at a bicycle friendly
cafe in Forest Hills. Pace will be "quick" (avg speed
14mph) but not fast. No one will be dropped!
Bring the usual (spare tube, pump, water) and a
smile. Leaders Dennis Griffin and Ira Najowitz.

☺ **QUADRUPLE BYPASS**

7PM, City Hall, 25 miles

Zigzag, crisscross, back and forth, see saw, up and down, and maybe a figure 8 in between. Oh wait, we forgot East to West and West to East. That's how we'll cross the East River, in four ways than one, via the Brooklyn, Manhattan, Willy B., and 59'er. Or is it gonna be clockwise? Ed made up the route, Ted made up the time. Apres cycle dinner stop very likely. Front and rear bike lights are required. Bring bike lock and dinner dough. Hills on the bridges, otherwise flat with moderate pace. Heavy rain cancels. Leaders Ed DeFreitas and Ted Kushner.

Sunday November 19th

FROSTBITE RIDE #0: BROADWAY IN SUMMIT

9AM, World Trade Center, 40 miles

Want the lowdown and all the skinny on the upcoming and legendary and annualized Frostbite series? Well, with Turkey Day around the corner, we can't promise you skinny, but we can cycle to the Broadway Diner in Summit, NJ. It's the sister palace to the one long enjoyed in our regular Frostbite cruise to Bayonne, for some of the same delightful flapjacks and other palate pleasers. One thing we will guarantee: this time no one's gonna get lost. Note: longer than usual distance for a "Frostbite". Bring bike locks, brunch money, and \$3 for PATH fare. Moderate pace. Terrain flat to rolling with one big hill climb. Heavy rain cancels. Leaders Ed DeFreitas and Ted Kushner.

Saturday November 25th **POST-TURKEY TIME-OUT**

10AM, Doughnut Plant, 40 miles

Did you eat enough turkey to fill you up for a 4 day weekend? Still need to burn off some of those excess calories? This ride will help, with a moderate paced but fun ride to some of the more remote parts of Brooklyn. Lunch at the fabulous Arch diner in Flatlands. Bring hydration, lock, and an appetite. Danny Lieberman and Kenny Williams.

Sunday November 26th

☺ **QUEENS BROOKLYN MOSAIC**

12:30PM, Food Emporium, Bridgemarket, 25 miles

From borscht to arroz con pollo, we'll tour some interesting neighborhoods: Hunterspoint, Greenpoint, Williamsburgh, Fort Greene and the waterfront. This tour has many stops and ends near the Brooklyn Bridge. Bring a light for a late afternoon return. Leaders Terry Chin and Ed DeFreitas.

Saturday December 2nd

☺ **WANDERING TO WAVE HILL**

9AM, Columbus Circle, 30 miles

Enjoy an early winter visit to a treasure in the Riverdale section of the Bronx: Wave Hill. Once a private estate, it is an oasis that overlooks the Hudson and the Palisades (see www.wavehill.org). To and fro, we'll enjoy riding through a few picturesque parks in Manhattan and the Bronx. Bring a lock. Terrain a few hills and a stairway climb. Leaders Brian Hoberman and Danny Lieberman.

Sunday December 3rd

☺ **FROSTBITE RIDE # 1: THE WORLD'S GREATEST PANCAKES**

10AM, City Hall, 25 miles

11AM, St George Ferry Terminal, Staten Island

This is the traditional start to our clubs answer to the pending winter blahs. The "Frost Bites" series asks the question, if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to S.I., follow the coastline and cross the Bayonne Bridge for those delicious pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. Leaders: Ed DeFreitas, Ed Pino, Alfredo Garcia.

Saturday December 9th

☺ **QUEENS SOJOURN**

10AM, Kew Gardens, 30 miles

Join Ed and Liz as they travel through Queens on many of the greenway bike paths. We will do this ride and be back in time for the 5BBC holiday party. No lunch stops. Leaders Ed Pino and Liz Baum.

Sunday December 10th

☺ **FROSTBITE RIDE #2: FLAT ROCK NATURE PRESERVE**

10AM, City Hall, 30 miles

Aah naturale in Joisey! This privately owned natural preserve lets us bike to their Nature Center, but only hike on their trails. Lunch will be at a pond. Clothing is not optional (besides it's too cold!) Leaders Ed DeFreitas and others.

Saturday December 16th

ARMY OF THE TEMPERATURE REGULATORS

9AM, Pelham Parkway & White Plains Road, 50 miles

Sergeant Jesse leads this fast paced (16mph+) trip to Rye, NY or possibly Byram CT. If you want to sprint 50 miles over rolling hills, the temperature regulators will keep you warm in the cooler weather. Bring water, a pump and a spare, plus some \$ for lunch. Leaders Jesse Brown and others.

(Continued on page 6)

Day Trip Meeting Places (continued)

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

George Washington Bridge Bus Terminal

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

Grand Central Terminal

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

Hippo Playground

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

Kew Gardens

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

Metropolitan Museum

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

Pier 11

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

Plaza Hotel

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

Roosevelt Island Tramway

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

South Ferry

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

*W subway operates weekdays only

Day Trip Meeting Places (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



Photo by Danny Lieberman.

Musings of A Bicycletter Man

Hope you had a wonderful year of bicycling with the 5BBC. Maybe you've ridden several bike events here in the Big Apple. For those of you who undergone adversity, on and/or off the bike, the anguish will pass—look forward to next year on the road. Most important for all, let's sustain our love of cycling and making new friends as well as keeping present ones.

Alfredo Garcia
Editor
Bicycletter

Day Trips (continued from page 5)

FREEZER BURN: BROOKLYN'S WATERFRONT

10AM, Doughnut Plant, 30 miles

A new ride to some familiar neighborhoods in nearby Brooklyn, including Greenpoint and Red Hook. B-paced. Dress appropriately, bring a lock, \$ for lunch, and a smile. Leaders Danny Lieberman and Jim Zisfein.

☺ NIGHTTIME BAKER'S RIDE

5:45PM, Plaza Hotel, 20 miles

As night-owls, we'll pry (or fly) our way through the back door of Mazzola's Bakery, in Brooklyn, where nighttime transforms this quaint little bake shop into a powerhouse of a baking plant. This is a 100% nighttime ride, so lights and visible clothing are a must. Expect a late return. Bring a lock and \$ for a stop at a local eatery. Ride leaders Richard Sanford and Maria Cummings. Rain or icy conditions at start cancels.

Sunday December 17th

☺ FROSTBITE RIDE #3: XMAS IN THE MEDI-EVIL CLOISTERS

10AM, City Hall, 25 miles

You don't have to be as rich as Rockefeller to enjoy the medieval art in a monastery setting, atop Fort Tryon Park. Bring your lunch along to dine al fresco or join us indoors for the cafe (a little pricey but worth it). Leaders Ed DeFreitas, Ed Pino and Liz Baum.

ON A WINTER'S NIGHT

9:30AM, Cunningham Park, 35 miles

On the eve of the snowman, this old chestnut returns for another visit to a magical, mystical land that becomes visible, Brigadoon-like, only one day a year. Last minute shopping, holiday displays, hot chocolate warming, seasonal sing-along, sleigh bells, and Frosty are all included. Bring bike locks, lunch money, and dress for the weather. Moderate pace, mostly flat. Leaders Santa and his elves.

Saturday December 23rd

FILIPINO PASTRY - AMERICAN CHOCOLATE TOUR

9AM, South Ferry (to take 9:30 boat), 35 miles

Moderate paced (12mph) ride, eat, and bring back something trip. Shop for chocolates at Superior Confections, Staten Island. Bayonne Bridge to a Jersey diner for lunch. Ride a little more to Christine's Bake Shop, for delicious Filipino pastries to take back to Staten Island. Note: be prepared to ride continuously - it's all or nothin'. Bring \$ for foodstuff, lock, panniers attached to your bike. Terrain: some hills, busy traffic, bumpy roads, one bridge. Co-listed with NYCC. Leaders Alfredo Garcia and others.

Sunday December 24th

☺ FROSTBITE RIDE #4: XMAS LIGHTS IN DYKER HEIGHTS (and Dim Sum Too)

12NOON, City Hall, 30 miles

Brooklyn's Chinatown is no longer a secret, but it's still a great destination when Dim Sum and other treats are desired. We'll check out the Christmas lights through the neighborhood of Dyker Heights. But we'll have our Dim Sum luncheon first. On our way back we'll take in the Manhattan skyline from Sunset Park. You must have front and rear lights as we will be riding after sunset. Leaders Ed DeFreitas and Terry Chin.

Saturday December 30th

TEMPERATURE REGULATORS OF THE NEW YEAR

9AM, Pelham Parkway & White Plains Road, 50 miles

See Dec 16th for description. Bring water, a pump and a spare, plus some \$ for lunch. Leaders Jesse Brown and others.

Sunday December 31st

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

10AM, Plaza Hotel, 25 miles

Elly Spangenberg's perennial ride. Smell the fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Visit the Enid Haupt Conservatory for "A World Of Plants" in a warm environment. See www.nybg.org for more information. Bring a digital camera, lock, \$ for lunch and \$\$ for admission to the exhibition. Leaders Ed DeFreitas and Jesse Brown.

Saturday January 6th

FREEZER BURN: ARTHUR AVENUE

10AM, Bridgemarket, 30 miles

A new ride to a familiar neighborhood in the Bronx: Arthur Avenue and the Belmont section is still home to some fine Italian cuisine. B-paced. Dress appropriately, bring locks, \$ for lunch, and a smile. Leaders Danny Lieberman and John Chiarella.

Sunday January 7th

☺ FROSTBITE RIDE #6: UNCLE GEORGE'S

10AM, City Hall, 20 miles

Oceanography, what? Ride into the borough that brought us the likes of Phil Goldberg, Manny Sanudo, and David Seto. Feast on Green Cuisine at a very authentic venue. Who knows, we might even run into Queen's own Steve "Wildman" Brill and eat something else. Possible excursions to Museum of the Moving Image, Socrates Sculpture Park and other waterfront delights. Bring a lock, \$ for lunch and a disposable camera. Leaders Ed DeFreitas and others.



ANNOUNCING THE 2006 HOLIDAY PARTY

FOR MEMBERS & THEIR GUESTS



WOOLWORTH TOWER KITCHEN

233 BROADWAY, NEW YORK, NY
ENTRANCE ON BARCLAY STREET

*** BICYCLES WELCOME ***

SATURDAY, DECEMBER 9, 2006

7:30 P.M. - 11:00 PM

RESERVATIONS*: \$25 PER PERSON
\$30 PER PERSON AT THE DOOR

BUFFET

SODA WINE BEER COFFEE DESSERT

LIVE D.J. FOR YOUR DANCING PLEASURE

RAFFLE

CASH BAR

*Reservations may be made via Active.com (see 5BBC.org for link) for a small handling fee or mail form below w/ check payable to Five Borough Bicycle Club, 891 Amsterdam Ave, Suite 002, NY, NY 10025. If you have any questions, please contact the Programs Coordinator at programs@5bbc.org or call 212-932-2300 Ext 115. Barry Hartglass, Programs Coordinator.

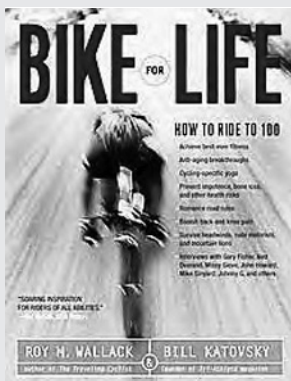
5BBC HOLIDAY PARTY RESERVATION

Name _____ # reservations _____ X \$25 = _____

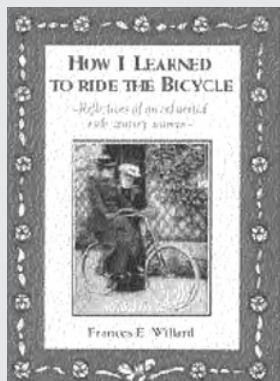
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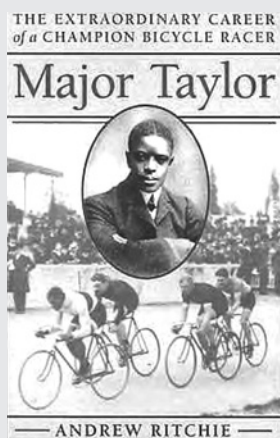
This form & payment must be in the club office
(Five Borough Bicycle Club, 891 Amsterdam Ave, Suite 002, NY, NY 10025) by Thursday, Dec. 7th.



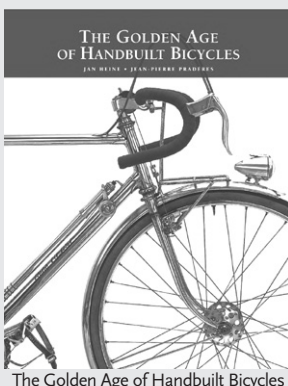
Bike for Life—How To Ride To 100



How I Learned to Ride the Bicycle: Reflections of an Influential 19th Century Woman



Major Taylor: The Extraordinary Career of a Champion Bicycle Racer.



The Golden Age of Handbuilt Bicycles

Editor's Choice: 2006 Holiday Gift Ideas

By Alfredo Garcia

As the holidays arrive it's that time to give that bicyclist(s) in your life a pretty present. The choices are interesting, thoughtful, wishful, provoking, sometimes bizarre. It's the next best thing to giving a bicycle. Go ahead—make that good impression.

Books

Bike for Life—How To Ride To 100. Roy M. Wallack & Bill Katovsky. Marlowe & Company, 2005. \$17. Authors Wallack and Katovsky convey endless enthusiasm preaching the gospel of bicycling. Includes a unique section on how couples can relate better. For example, one who bikes more than the other or if the other doesn't bike.

Ethel & Ernest: A True Story. Raymond Briggs. Alfred A. Knopf, 1999. \$15. Illustrated tale by a renowned children's book author, of his humble English parents who met by chance in the 1920s and marry for the next 50 years. A bicycle is involved as a sleight of pedal. Ethel & Ernest is charming and lovely, without being sentimental.

Heft On Wheels. Mike Magnuson. Three Rivers Press, 2004. \$13. A large man's (250 pound plus smoking and junk food) journey of riding a road bike much faster than before by physical discipline and mental will.

How I Learned to Ride the Bicycle: Reflections of an Influential 19th Century Woman. Frances E. Willard, edited by Carol O'Hare. Fair Oaks Pub., 1991. \$9.95. Ms. Willard was an early advocate of women rights in the US. Seemingly late in life, she found time in her 50's learning to ride a "safety" bicycle. One wishes our own Terry Chin, bike instructor extraordinaire, could have done time traveling to help.

Iron Riders: Story of the Buffalo Soldier Bicycle Corps. George Niels Sorensen. Pictorial Histories Pub., 2000. \$12.95. Narrative of a tough nearly unpaved 1,900-mile tour from Montana to Missouri by African American US Army soldiers riding hundred-pound bicycles in the 1890s. Related item: **Bicycle Corps: America's Black Army on Wheels**, PBS video 19.95.

Major Taylor: The Extraordinary Career of a Champion Bicycle Racer. Andrew Ritchie. John Hopkins University Press, 1996. \$21. Story of the first Black American professional cycling great. Details his struggle & remarkable success amidst racist 20th Century America.

The Golden Age of Handbuilt Bicycles. Jan Heine and Jean-Pierre Praderes. Vintage Bicycle Press, 2005. \$60. Coffee table book covers classic riding machines from France, first half of the 20th century. Builders from that era created non-racing quality road bikes built for short and long distances, which are even better than today's bicycles. Available from: Bicycle Quarterly, 140 Lakeside Ave., Ste. C., Seattle, WA 98122. Some copies can be found at Bike Works, in Manhattan's Lower East Side.

The Masked Rider: Cycling In West Africa. Neal Peart. ECW Press, 2004. \$18.95. Peart is the drummer of Rush, a rock music band. He is also a cyclist. He writes about his two-wheeled tour of West Africa, to countries like Cameroon and Ghana. He vividly articulates vast differences between Western and African culture as he bicycles the once colonized "Dark Continent." Not your average cycling travelogue.

Riding Jerseys

Beatles 1964 yellow jersey. \$80. People will love you, yeah, yeah, yeah, with this nifty club-cut garment, eight days a week. Pink Floyd and Rolling Stones jerseys available. Gimme road! Details: Pete & Ed Gifts, 5506 Madison Ave., Indianapolis, IN 46227. (800) 793-7801. www.bicycle-gifts.com

Boure Classic Jersey. Most bike jerseys are either "form" fit or "club" fit. This garment is patterned after t-shirts, which is roomier. Besides from small to extra large, sizes include double to quadruple extra large, with three rear pockets. Comes in blue, green and yellow. \$60. Boure Clothing Company, 98 Everett St. Durango, CO 81303. (970) 247-0339. www.boure.com

DVDs

Boy and Bicycle. This is the first (short) film ever made by Ridley Scott, the great British director of cinema masterpieces like Alien, Black Hawk Down, Blade Runner, Gladiator and Kingdom of Heaven, as a college student, in 1965. 27 minutes long, it follows a young English boy, skipping a school day and bikes around an empty town. The boy is Scott's brother, Tony, who directed Top Gun and Crimson Tide. Boy and Bicycle appears as a special feature on The Duellists DVD (Scott's first feature film). \$15.

Emmanuel's Gift. Inspiring story of a young African from Ghana. Born with a physical handicap, it's common for African society to discriminate such people. Emmanuel rode a bicycle across the country to bring attention that physically handicapped Africans are entitled to live a dignified life. This is his story. \$27.



Road ID wrist band



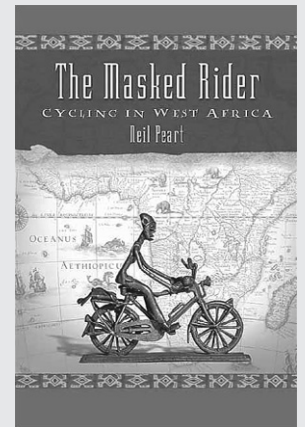
Firefly lighted wrist band



Beatles 1964 yellow jersey



La Madonna Del Ghisallo Oval Medal



The Masked Rider:
Cycling In West Africa



Emmanuel's Gift

Hell on Wheels. Not all professional bike racers take drugs, given this year's Tour de France. Follow German cyclists Erik Zabel and Rolf Aldag earnestly talk about their aspirations, hopes and fears as they race in 2003's Tour de France for T-Mobile. Zabel is quite earnest, funny and a winner despite not beating Lance Armstrong and Jan Ullrich. \$21.

Safety Gear

Reflective Belt with Sash. \$12, in orange or yellow. Is your reflective vest too hot or cumbersome? Try out this "Sam Browne" style item, which also looks stylish and authoritative for the road. Details: Sayre's Reflective Safety Store, (800) 552-6064, ext. 287. www.sayreinc.com.

Road ID wrist band (\$20) is good in case you get in an accident and helpful to emergency medical personnel. Medical info can be engraved as well as other info; **Firefly lighted wrist band** (\$16) in green, blue and red to navigate night riding. **Fixx ID** is a cyclist "dog tag" (\$25). Details: Road ID. PO Box 17350, 221 Grandview Drive, Fort Mitchell, KY 41017. (800) 345-6336. www.roadid.com

Works of Art

1881 Otto "Dicycle" model. \$17. Tinker with a miniature from the past era with an unconventional wheeler. An interesting conversation piece. This and other miniatures available from the Pedaling History Bicycle Museum, 3943 North Buffalo Rd., Orchard Park, NY 14127-1841. (716) 662-3853. www.pedalinghistory.com

Custom Bicycle Portraits. People have still life portraits painted of themselves. Why not your bicycle? Taliah Lempert has offer this for many years. A one-of-a-kind gift. Ms. Taliah Lempert, c/o Bike Works, 106 Ridge St., New York, NY 10002. (917) 771-8537 www.bicyclepaintings.com

Delta Boy with Bicycle. Play figure for kids of all ages. Various interchangeable parts and positions. Have fun. www.shop.com/op/-Delta_Boy_with_Bicycle-prod-28098834 \$11. Item AFK52R at shop.com

New Yorker magazine covers with a bicycle theme. Saul Steinberg 1985 "E Pluribus Unum" cover is available, framed. \$89. This and other covers are available from: Bicycle Gifts, LLC, P.O. Box 697, Winfield, IL 60190. (630) 462-5428. www.bicyclegifts.com

Solar Cyclist. Pedaling cyclist statue powered by light. Available from: Bikegifts.net, 17 Overpeck Ave., Ridgefield Park, NJ 07660. (877) 358-8621. www.bikegifts.net

Miscellany

Bicycle Furniture Design, since 1990, has created hand-crafted tables, various types of chairs, plus coat racks and mirrors, out of recycled bicycles, notably wheel rims. You can even design your own item to order. Details: Bike Furniture Design, P.O. Box 11, Marquette, MI 49855. (906) 361-2483. www.bikefurniture.com

Bicycle Motif Items. Cafepress.com offers ten of thousands of simple gift ideas, bicycling is one of the choices. Stuff range from clothing, ornaments to bags. The white I Love Bicycling polo shirt & a Two Wheeled Bicycle Wheel throw pillow are fine examples. You can even design something, bicycle or otherwise, to your specifications, even sell. www.cafepress.com

La Madonna Del Ghisallo Oval Medal. \$30 to \$392, silver or gold, with necklace. Ghisallo is a Catholic patron saints for bicyclists in Italy. Regardless of religion or creed, a close friend or a loved one may want to have this talisman around your neck riding the streets of our dear city. Available from: Aquinas and More Catholic Goods, 4727 North Academy Blvd., Suite A, Colorado Springs, CO 80918. (866) 428-2820. www.aquinasandmore.com

Timbutk2 Classic Bike Messenger Bag. One of the original bags made for bike messengers. Comes in a range of sizes and colors. You're likely to see them at Paragon's and Bike Habitat in Manhattan. \$50-\$100. Timbut2, 506 Hayes St., San Francisco, CA 94102. (800) 865-2513. www.timbutk2.com



1881 Otto "Dicycle" model



Bicycle Furniture Design

Case Dismissed: A (Brief) Day in Court Ends Peter's Most Excellent Adventure

By Peter Engel

Back in May, I wrote about getting a ticket from a uniformed patrolman during the February 24th Critical Mass in Manhattan. The \$200 summons for "Disobey Steady Red" could have meant points on my license, or so I was told. The reality was that I didn't do it, and the patrolman who wrote the ticket didn't witness it. The police officer who did stop me by grabbing me by the back of my jacket, infamous NYPD Chief Bruce Smolka, did not sign the ticket. He also incorrectly told me I was Under Arrest.

For those reasons, I plead Not Guilty and was given an August 10 hearing date in lower Manhattan. To research what would happen, I spoke to alternative transportation advocates, attorney Gideon Oliver, and several other riders. During the interim period, one friend was given a ticket in the late April Manhattan CM ride. In pleading Not Guilty, she was told to appear in traffic court in a remote part of Staten Island, not even readily accessible by mass transit. She took the day off, but apparently the police officer didn't bother. Her case was dismissed.

When my own appearance was delayed until September 21, I was fairly confident that it would be dismissed. Nonetheless, I made jokes about "going to the Big House" in case they found me guilty and I refused to pay. I was angry, though; it was one of those "principle of the thing" circumstances. Brian Hoberman graciously made himself available to bail me out.

All the pre-planning and slight agonizing turned out to be unnecessary. The case was dismissed within 45 seconds. Here's what happened:

On Thursday, September 21, I arrived at the Rector Street traffic court at 4:30pm. My name was called 15 minutes after I checked in. The police officer who wrote the ticket showed. We both approached the judge at the same time. Call it macho, call it stupid, but we glared at each other for about 10 seconds like Sylvester Stallone and Mr. T. in "Rocky III's" rematch scene.

Seriously, I didn't think the police officer would dare to lie over something as minor as this. Nonetheless, I figured it couldn't hurt to give him a look that said "I know what you're thinking, and don't do it."

The judge then asked the officer if he wrote the ticket. He said yes. The judge asked what the circumstances were that it made it necessary to ticket a bicyclist. The officer replied that they "could not locate the paperwork specific to this incident."

Huh?

The judge's response to that statement was that this hearing had already been postponed once. He asked the cop if he was requesting another postponement.

The officer replied "I guess so, your honor."

The judge said "you know we can only allow one postponement for these cases. I have no choice but to dismiss the case with Not Guilty."

That was it? No chance to accuse him of lying? No bailiff coming to drag me away?

Oh, well, that's the movies and this is real life. I thanked the judge, got my driver's license and high-tailed it out of there.

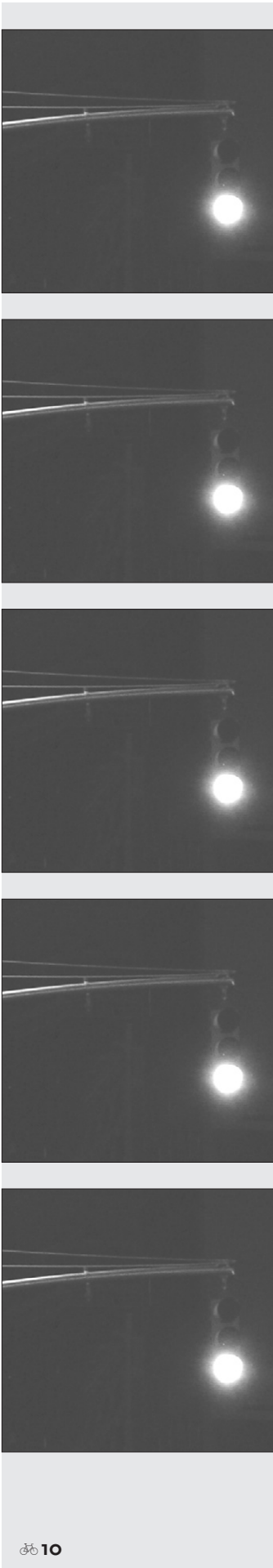
What's most interesting was the cop's response to the judge: "we could not locate the paperwork specific to this incident."

You can all draw your own conclusions, but I interpret it to mean the police officer took it as far as he was willing to go. He wasn't about to claim he witnessed something he hadn't seen, especially when the defendant was standing right next to him, ready to contest it.

At least one lawyer I spoke to, along with several bloggers, said that lawyers for the Patrolman's Benevolent Association (PBA) tell their membership to simply "lose the paperwork" when forced by management into a situation like this. It makes sense. While I'm sure that the rank-and-file of the NYPD are not closet Critical Mass sympathizers, they aren't going to put themselves at risk of perjury either.

In retrospect, both my ticketing officer and I were very lucky. No one got hurt. No charges were filed. It was over.

The same night as my ticket, you may remember, WCBS-TV Channel 2 caught video of Chief Smolka grabbing CM legal observer Adrienne Wheeler in Times Square from behind as she rode her bicycle past him, and then dragged her to the ground by a chain locked around her waist. In a September 27 hearing, Smolka had to admit this was done without identifying himself as a police officer or giving any warning. While the case against Adrienne Wheeler was quickly dismissed (and the NYPD was once again embarrassed in court), the Civilian Complaint Review Board action that she filed against Chief Smolka for his actions remains pending and unresolved more than 6 months later. The ticketing



officer in that case was forced into an untenable situation. See this link: <http://www.nlgny.org/>

I feel sorry for the good people of the NYPD. Really. How many days do they have to go to court over bogus cases like this because the big bosses can't get away with shoving their own version of vehicular law into traffic court procedure? And what toll does it take on their credibility as peace officers and public servants to the community?

The NYPD's Critical Mass crackdown is mostly show with very little go. I'm now confident that you can ride the Manhattan CM and get a ticket with reasonable certainty of it being dismissed.

I'm still not doing it anytime soon. I don't think Union Square on the last Friday of each month is a safe place to be. The ride remains very much a "cat and mouse" game between the bikers and the NYPD. Sooner or later someone is going to get seriously hurt. I witnessed a very blatant "corking" incident during the August 25 ride where one rider pounded up and down on the hood of an SUV. Several of us yelled at him to back off and I was ready to get physical when he jumped back on his bike, cursed us all out, and rode away. Yeah, real brave of you, pal. Go home and download "Jackass 2."

Of course the cops are no better, riding their scooters the wrong way down one-way streets and corralling bikers like they are cattle bound for a Kansas City slaughterhouse. It's sickening to think this is happening here in New York City and – as Chief Smolka continues to practice his trade unrestricted – it's done without any real accountability.

Still, I remained enchanted with the ideals and communal spirit that a CM ride is supposed to embrace. Danny Lieberman tells me that the Brooklyn CM ride continues to remain free of stress, strife and Smolka. I'll try that instead.

Edward Pino, MS, LMHC, Psychotherapist Individual Psychotherapy - Counseling techniques that work

610 West 115th St. PH, New York, NY 10025
By Appointment (646) 734-7114 edpino@msn.com

Premier New York Metro Area Bicycle Shop for sale.

Tremendous opportunity to own a PROFITABLE Business that you will not only earn an excellent living from, but LOVE. Very Rare chance to purchase a well-established shop with a long history of selling and servicing HIGH END bicycles, clothing, accessories and equipment. With room for growth and expansion this business is priced to sell. Gross Revenue: \$800,000, Net Earnings: \$ 140,000, Price: \$ 475,000 + Inventory. Contact Matthew Bass: email matt@mattbass.com phone (212) 874-3463.

No Bicycling in the Big Apple?

Although the New York Police Department (NYPD) didn't follow through several months ago, they will intend to propose a revised parade permit ruling that would make group cycling illegal. That means groups of at least 10-30 people meeting and going on a bicycle ride could be arrested for "parading without a permit."

As required by City law, the NYPD has scheduled a public hearing of the rule changes on November 27, Monday after Thanksgiving, from 11am to 2 pm. The choice of a midday time suggests the NYPD's lack of faith in the public's input.

The Five Borough Bicycle Club urges you to call and write both your City Council representative and the Mayor's Office to express your opinion about the NYPD parade permit changes. Unlike the previous NYPD proposal, the civil liberties impact of these changes mostly affect cyclists. Several NY City Council representatives who helped fight the earlier rule changes already indicated that they feel the revised NYPD proposal is "reasonable." Thus, it is very important to tell your City Council Speaker Christine Quinn and your local City Council representative otherwise if you want them to oppose the changes.

To contact Speaker Quinn, write: City Hall and Legislative Affairs, City Hall, New York, NY 10007; phone: (212) 788-7210; fax: (212) 788-7207 or visit www.nycouncil.info/rightnow/contactspkr.cfm

To contact your local City Council representative, visit www.nycouncil.info/constituent/contact_member.cfm

The 5BBC will notify you of any planned rallies or related events on this issue.

This notice was adapted from the club's webpage www.5bbc.org/parade2.shtml.

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.stoneboatform.org

Ski & Snowboard Club of New York

Winter weekend trips to snowboard and ski (downhill and cross country) in the Adirondacks and New England. Call (212) 932-2300 ext. 116 or visit www.skiclubofnewyork.org.

Regional Roundup and Beyond

Fridays, November 1 & December 1, 2006. Central Park Moonlight Ride

10pm, Columbus Circle 59th St., Manhattan

Fridays, November 10 & December 8, 2006. Brooklyn Critical Mass Ride.

7pm, Grand Army Plaza, near Prospect Park, Brooklyn.

Saturdays, November 11 & December 9, 2006. Prospect Park Moonlight Ride

9pm, Grand Army Plaza near Prospect Park, Brooklyn.

Saturday, November 25 & December 30, 2006. Riverside Park Moonlight Ride

10pm, Columbus Circle, 59th St., Manhattan.

For information on these rides, visit www.times-up.org

December 26 – 31, 2006. San Diego AYH 50th Annual Christmas Bike Ride.

Ride 400 miles in 6 days, averaging 65 miles per day, riding around San Diego's mountains, deserts and seacoast. \$325 event fee. Airfare and lodging not included. For details visit www.sandiegohostels.org/bike.shtml



On Oct. 25, 2006, the George Washington Bridge celebrated its 75th anniversary since opening in 1931.



“Whoever invented the bicycle deserves the thanks of humanity.”

– Lord Charles Beresford (1846-1919), British Admiral and Member of Parliament

“Mankind has invested more than four million years of evolution in the attempt to avoid physical exertion. Now a group of backward-thinking atavists mounted on foot-powered pairs of Hula-Hoops would have us pumping our legs, gritting our teeth, and searing our lungs as though we were being chased across the Pleistocene savanna by saber-toothed tigers. Think of the hopes, the dreams, the effort, the brilliance, the pure force of will that, over the eons, has gone into the creation of the Cadillac Coupe de Ville. Bicycle riders would have us throw all this on the ash heap of history.”

– P.J. O'Rourke

5BBC Board Meeting Minutes

June 5, 2006.

Attending: Liz Baum, Barry Hartglass, Ira Najowitz, Danny Lieberman, Bob Castro, Ed DeFreitas, Jim Zisfein, Mark Trainor, Ed Pino, Phil Goldberg, Beth Katz, John Chiarella, Andrea Mercado, Brian Hoberman, Alfredo Garcia, and Jesse Brown. Meeting started 6:46pm. **May 2006 minutes approved.**

Special Events: Ed Pino—reported three hundred new club members resulted from this year's Montauk Century, the most successful ever! **Programs:** Barry Hartglass—31 people attended May 31st general meeting Guest speaker Michael McGettigan had their attention for 2 hours, remained available after meeting. **Bicycle Course:** Beth Katz—advised June 28 bike repair class to be taught by Rich Conroy with particular attention being given to chains and gears. **Member-At-Large** Phil Goldberg reports 1,427 Five Borough Bicycle Club members to date. **Jersey Committee:** continues search for a winning design.

Meeting adjourned 8:43PM.
Respectfully submitted, Jesse Brown.

July 10, 2006.

Attending: Phil Goldberg, Barry Hartglass, Liz Baum, Manny Sanudo, Beth Katz, Mark Trainor, Ed Pino, Ed DeFreitas, Ira Najowitz, Bob Castro, Jim Zisfein, Andrea Mercado, Steve Sakson, Danny Lieberman, Alfredo Garcia, and Brian Hoberman. Meeting started 6:43 PM. **June 2006 Minutes Approved.**

Bicycle Course: Beth Katz—eight people attended the latest class on June. 28. **Programs:** Barry Hartglass—upcoming general meetings for year: July 18: Dinner at Woolworth Tower Kitchen with Joseph Basile, DDS on sports medicine dentistry; August 21: Retirement planning at Fidelity Investments at their Wall Street office; 14 club members have e-mailed Barry of their interest in attending; September. 27: Alternative building design focusing on environmental, energy, and conveyance access issues. To be held at NY Chapter of the American Institute of Architects (AIA); October 16: Board nominations and a recap by weekend trip leaders recap of trips led this year, at BID; November 20: Election results, French wine and cheese party at Hosteling International. Tod Moore and friends will report on their summer trip to France; Holiday party will be on December 9. **Leadership:** Manny Sanudo—Eight new leaders have graduated from the recent leadership course: William Batista, Julia

Cohen, Maria Cummings, Josh Gosciak, Martial Henrys, Natalia Lincoln, Owens Ridges, and Rhonda Wittorf. Cohen and Owens currently have “provisional” status because they each missed one class. Will make up completion for full leader status. **Communications:** Brian Hoberman—new shops have been added to the Bike Store Discount Program. Kent Mark has been active in doing this. **Bike Coalition Update:** Ed DeFreitas—Bicycle Coalition is working with NYC government on cycling issues including implementation of a long range “Master Plan” to benefit cyclists that is similar to existing plans in other US cities.

Meeting adjourned 9:10 PM.
Respectfully submitted by Ira Najowitz,
Recording Secretary. July 2006

August 9, 2006.

Attending: Ed DeFreitas, Ed Pino, John Chiarella, Ira Najowitz, Danny Lieberman, Andrea Mercado, Liz Baum, Bob Castro, Mark Trainor, Beth Katz, Barry Hartglass, Brian Hoberman, Phil Goldberg, Alfredo Garcia and Jesse Brown. Meeting started 6:35pm. **July 2006 minutes approved.**

Day Trips: Danny Lieberman—Proposed theme rides with emphasis on unique locales not generally open to public and encourage new leaders to participate. **Communications:** Brian Hoberman—eight new bike shops have been added to those participating shops offering 5BBC discounts to membership. **Jersey Committee:** Chairman Bob Castro—will make a presentation of the final design(s) of the new club jersey at month's end. Suggestion was made to consider the continued sale of current Liberty Jersey. **Member At Large:** Phil Goldberg—Weekend Trip status: 5 trippers for the Island Hopper, 8 for The Covered Bridges and 10 for Lake Tahoe. Coordinators should prepare proposed budgeting for next year. **Bike Coalition:** Ed Pino proposed 5BBC support Bike Coalition's lawful protest of and opposition to proposed NYPD Chapter 2 section 1 subdivision a of sec. 19-02 of title 38 of the official compilation of the Rules of the City of New York, regarding Permits and Parades. Approved unanimously.

Meeting adjourned at 8:12PM.
Respectfully submitted, Jesse Brown

September 18, 2006

Attending: Bob Castro, Barry Hartglass, Liz Baum, Ed Pino, Phil Goldberg, Beth Katz, Mark Trainor, Jim Zisfein, Ed DeFreitas, Danny Lieberman, Jesse Brown, Andrea Mercado, Brian Hoberman, Ted Kushner, Ed Ravin, Alfredo Garcia, and Ira Najowitz. Meeting started 6:43 PM. **August 2006 Minutes approved.**

Programs: Barry Hartglass—General meeting programs for the year, including holiday party, are set. **Weekend Trips:** Steve Sakson—trips have either been very popular or not drawn well. Overall, season has been highly successful. **Bicycle Course:** Beth Katz—two classes will be held on October 12 and November 9. Latter class will be on changing handlebar tape. “How to Buy a Bike Class” was very successful and each participant has subsequently bought a bike! **Communications:** Brian Hoberman—there are about 160 registered members on the 5BBC Bulletin Board. **Member-At-Large** Ed Ravin—discussed recent article in New York Magazine, in which he was interviewed and quoted on the continuing placement of carpet tacks by an unknown person or persons on the NY Greenway Bike Path. So far, 200-300 cyclists have suffered flat tires. Ed has contacted city agencies about the ongoing problem.

Meeting adjourned 9:30 PM.

Respectfully submitted by Ira Najowitz,
Recording Secretary.



Great gift idea and cycling way to say I Love NY: The brand new 5BBC jersey, designed by our own Caryn Greenberg. Graphics highlight unique borough icons: Staten Island Ferry; Washington Square Arch; the Unisphere and Haupt Observatory, NY Botanical Garden. \$60-\$75. Use order form on page 14.



Eiffel Tower (credit to Wikipedia)

“...these glimpses of physicality made me think that one-day being in a car in a great city like Paris will be slightly vulgar. I was delighted to see so many classy bikes around, beautifully engineered and finished with road tyres, panniers and mudguards and not the cliché mountain bike nor the road racers (though all are welcome, compared to cars, in my vision). We saw such stylishly dressed people on good utility bicycles taking their space on the city roads.”

– Simon Baddeley, reporting on car free day in Paris, September 22, 2000.



George Washington Bridge with the Hudson River Greenway ringing the Upper West Side of Manhattan waterfront.



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.

Best of all, show it at any of the shops listed below for a discount on many items.

Flash your 5BBC Membership Card at these Bike Shops

Bronx

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

Brooklyn

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

Bicycle Station

560 Vanderbilt Avenue
Brooklyn NY 11238 718-638-0300

Fulton Bikes

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

Roy's Sheepshead Cycles

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

Verrazano Bicycle Shop

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

Manhattan

A Bicycle Shop

163 W 22 St.
New York, NY 10011
(212) 691-6149
www.a-bicycleshop.com

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

City Bicycles

315 W 38 St
NY, NY 10018
212-563-3373

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

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

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

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850
www.spincitycycle.com

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

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

Visentin Bike Pro Shop

51 Pine Hollow Road, Rte. 106
Oyster Bay NY 11771 516-922-2150

Westchester

Bicycles Unlimited

141 East Main Street
Elmsford NY 10523 914-592-7979

Pelham Bicycle Center

109 Wolfs Lane
Pelham, NY 10803 914-758-3338

Sierra Cycles

46 Garth Road
Scarsdale, NY 10583 914-725-8333

Connecticut

Baybrook Bicycles

243 Captain Thomas Blvd
West Haven CT 06516 203-933-4576

Baybrook Bicycles

252 College Street
New Haven CT 06510
203-865-2724

Newington Bicycle

1030 Main Street
Newington CT 06111
860-667-0857

New Jersey

Bicycle Workshop

175 Country Road
Tenafly, NJ 07670
201-568-937

Marty's Reliable Cycle

173 Speedwell Avenue
Morristown NJ 07960
973-538-7773
www.martysreliable.com

Strictly Bicycles

507 Main Street
Fort Lee, NJ 07024
(201) 944-7074
www.strictlybicycles.com



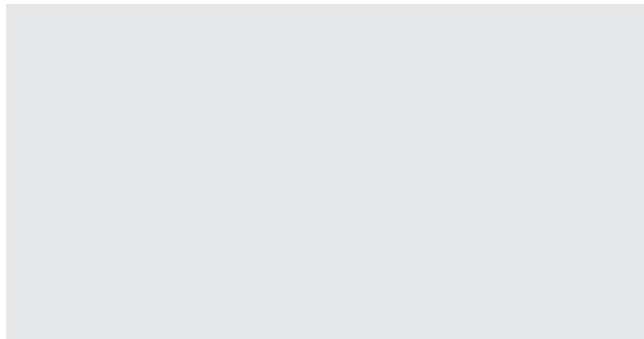
c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403

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 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 heartily encouraged, on CDs, flash drives or even those 3.5" diskettes, accompanied by hard copy; or by e-mail to newsletter@5BBC.org. Please limit articles to 500 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 January-February 2007 issue is Monday, December 4, 2006.

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Bicycletter November-December 2006
 Volume 16 • Issue 6

Editors: Alfredo Garcia
 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.

Contacting Us

The 5BBC has office hours on Thursday 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
 For Bike New York, call directly:
 (212) 932-BIKE.