

January-February
2007

Volume 17 · Issue 1

B I C Y C L E € € R™

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



5BBC Montauk Century dates,
2007-2013, as announced
by Jim Zisfein

May 20, 2007
May 18, 2008
May 17, 2009
May 16, 2010
May 15, 2011
May 20, 2012
May 19, 2013

Don't worry, be happy!
Start training now...and later.

Lt. Raleigh Kelly, USMC and 5BBC
member. 5BBC Montauk Century,
May 21, 2006.



Frostbite Ride to NY Botanical Garden, start point at Plaza Hotel, Dec. 31, 2006. Elly Spangenberg (fifth from left between leaders Ed DeFreitas and Jesse Brown) led this ride for many years, is seeing people off. She's an extraordinary 5BBC leader, serving in the early days of the club. A strong cyclist and grandmother, she once rode across these United States. Ed DeFreitas continues her special ride on his Frostbite series. Photo by Alfredo Garcia.

MEMO FROM THE 5BBC PRESIDENT

To: All 5BBC Members

Re: Two Montauk Rides

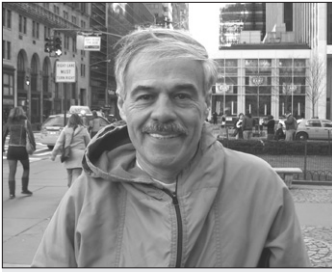
On December 4th, 2006, Glen Goldstein, a current 5BBC member and former president, began advertising his own century ride to Montauk for 2007. As of this writing, Glen's ride is scheduled for the 3rd Sunday in May, the traditional date of the 5BBC's annual Montauk Century, and his ride has a similar name. In brief, Glen has tried to co-opt the 5BBC's Montauk Century.

The Montauk Century is vital to the 5BBC. It is your ride, and proceeds go towards maintaining the club infrastructure that all of us value: day rides, weekend trips, bike courses, our general meeting events, the *Bicycletter*, etc.

We are saddened to see how Glen has abandoned his 5BBC friends in the pursuit of personal profit.

He will not, however, succeed. We on the executive board will do whatever is necessary to protect the 5BBC Montauk Century. We will keep you abreast of developments via email and our web site, www.5bbc.org/montauk. We will be adding a Frequently Asked Questions (FAQ) section that explains the two-ride situation. Finally, you can always address your questions and concerns directly to us by email (montauk@5BBC.org) or express your feelings through the 5BBC Bulletin Board.

Ed DeFreitas, President



Mr. President

5BBC Executive Board

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President

president@5bbc.org

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Vice President
vicepresident@5bbc.org

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Sheridan & Rhonda Wittorf
Members-At-Large
info@5bbc.org

☺ 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.

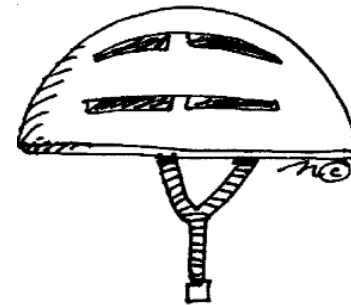
At the discretion of the leaders, rides may be cancelled due to bad weather.

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

Brrrrr, it's cold out there, but I still want to ride my bike. Well, we have plenty of opportunities as long as it's not too icy, or too windy, or too wet. Look for a full schedule minus the federal holidays. Those of you who make it to our rides during the cold months are truly New York's hardest cycling creatures!

Naturally we've got the return of some favorites in addition to a number of new offerings. Look for new trips from Dennis Griffin and Josh Gosciak. Alfredo returns with a special Carrot Cake ride, and my Hot Chocolate ride will keep you toasty at the end of January. This winter we also have my monthly series of quicker rides - the Freezer Burn, and the ever popular (and happy faced) weekly Frostbite Rides.

Day Trips: January-February 2007

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 the Museum of the Moving Image, Socates Sculpture Park and other waterfront delights. Bring a lock, \$ for lunch and a disposable camera. Leaders Ed DeFreitas and others.

Saturday January 13th ☺ AROUND QUEENS TO FILLMORE'S RIDE

10AM, Kew Gardens, 25 miles

Join Ed and Liz for our ride to Fillmore's for lunch. This will be an easy and flat ride of 25-30 miles through the borough of Queens. We will circle the globe and have lunch at a place with a pub-like atmosphere. Join us on this warm winter journey, for a trip and a great lunch at the end of the ride. Bring \$ for a real lunch, and a bike lock. The

Remember that 5BBC rides are a "go" unless the temperature at start time is below freezing, unless otherwise stated in the write-up. Icy conditions and precipitation also have an enormous impact on our rides and are likely, so please consult our website (www.5bbc.org) and message board (groups.google.com/group/5BBC) for ride updates.

As you may expect, at the end of this listing you will find the first of the 2007 5BBC Montauk Century Training Rides. More about our training series and spring rides will appear in the March-April issue.

Danny Lieberman
Day Trips Coordinator
daytrips@5bbc.org

restaurant is bike friendly with a great attitude. Check the website for weather and late breaking information. Leaders Ed Pino and Liz Baum.

☺ STEP BACK IN TIME RIDE

11:15AM, Prospect Park, 15 miles

Grab your whale oil lamp, ring your servants call bells and tell him to hitch up the buggy. We're going to New York City's only family home, preserved intact, both inside and out since the early 19th century. Located in the East Village, this elegant row house, now the Merchant's House Museum, was home to the prosperous merchant, Seabury Tredwell and his family for over 100 years. Bring a lock, \$8 for the guided tour and \$ for lunch at a local eatery. Rain, snow or icy conditions at start time cancel. Leaders Richard Sanford and Stephen Jackel.

Sunday January 14th ☺ FROSTBITE RIDE #7: CONEY ISLAND DREAMING ON SUCH A WINTERS DAY

10AM, City Hall, 30 miles

To the borough of churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Totonno's, renowned for their prized pizza. Check out id.essortment.com/historyofpizza_rmgf.htm for all the pizza trivia. Get that mozzarella! Bring a lock and \$ for pizza and a film camera. Leaders Ed DeFreitas and others.

(Continued on page 4)

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 Access to Trains

New York City Subway

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

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

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

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

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

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

New Jersey Transit (NJT) Bikes Aboard Program

As of May 21, 2000 bicycle permits are no longer needed!

Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit:

www.njtransit.com/cs_ride_bike.shtml

Port Authority Trans Hudson (PATH)

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

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



Frostbite Ride #1 to Broadway Diner. Richie with friends.

Saturday January 20th CARROT CAKE CYCLE

9AM, Engineer's Gate
(East 90th St and 5th Ave), 30 miles

Life can be sweet in the Bronx. We'll head to Lloyd's
for the best carrot cake in the city. Ride leaves
9:23am sharp. Come prepared and be prepared to
ride on some busy roads, hills, and greenways - you'll
be rewarded with a great time. No lunch. Ride
ends at Manhattan's Clinton Cove Park. Co-listed
with NYCC. Leaders Alfredo Garcia and others.

Sunday January 21st ☺ FROSTBITE RIDE #8: QUADRUPLE BYPASS, DAYTIME VERSION

10AM, City Hall, 20 miles

If you wanted to do hills but not leave the East
River. Ah, of course! First ride over the Brooklyn
Bridge, then the Manhattan Bridge, go through
the Lower East Side, no Katz's please, ok, maybe a
pickle, now the Williamsburg, hey no bumps.
North along Bedford, stay away from the restaurants,
we'll eat later, hop over Newtown Creek, the
Queensboro looms on the horizon. Back again and
follow the East River to a bike friendly pizzeria.
Leaders Ed DeFreitas and others.

HAWTREE BASIN RIDE

10AM, Doughnut Plant, 40 miles

We'll head over the Williamsburg through industrial
areas and via scenic Myrtle Ave to Forest Park,
Hawtree Basin, Broad Channel island and circle
around Jamaica Bay. Return via greenway and
Bedford Ave, and back over the Willy B. B pace
out and more relaxed on the way back. Leaders
Josh Gosciak and Alfredo Garcia.

Saturday January 27th QUICK SPIN RIDE AROUND THE COUNTY OF QUEENS

9AM, Kew Gardens, 25 miles

Other than hot chocolate, there's no better way to
stay warm at this time of year than to pedal... quickly.
We're going to leave Kew Gardens and pass
Cunningham and Alley Pond parks, head up to
Douglas Manor, Bayside, College Point, and Kew
Gardens Hills with a lunch stop at the Metro Cafe
in Forest Hills. You'll have to earn that - lunch will
be after we finish the ride. Pace will be quick,
between 14 and 18mph. No one will be dropped.
Snow, ice on the streets, or temperatures below
freezing will cancel. (Check the 5BBC bulletin
board for late updates.) Leaders Dennis Griffin and
to be determined.

Sunday January 28th CACAOUCH! - THE 2007 HOT CHOCOLATE RIDE

10AM, Doughnut Plant, 25 miles

Brrrr, it's cold out there! I've spent the past year
researching the best spots for hot chocolate. We
will include the best of last year with a couple of
new favorites. Pace, sweet; terrain, bitter. Bring a
lock, lucre, and hope for the best. Leaders Danny
Lieberman and Natalia Lincoln.

☺ FROSTBITE RIDE #9: RIDE TO GARIBALDI AND ALICE AUSTEN

10AM, City Hall, 10 miles

Get transported again on the Staten Island Ferry
for scenic riding. You can get anything you want at
Alice's Restaurant - oops wrong song, it's Cargos.
Visit the home of famed photographer Alice Austen,
with gleaming views of New York Bay. She won't
be home, but appreciates your coming. Don't worry
about Guiseppe Garibaldi, baby. Bring \$ for lunch,
a lock, and a digital camera. Leaders Ed DeFreitas
and others.

Saturday February 3rd ☺ THE ICEMAN COMETH RIDE

9:30AM, Plaza Hotel, 20 miles

Ice in winter - you bet! Meet chain-saw wielding
Josh, the Ice Sculptor (hopefully not psycho) who
can create anything from a choo choo train to a
punch bowl for your next Bar Mitzvah, confirmation,
wedding, or chill out party. This basement craft
shop located in Brooklyn is on the Q.T. so keep
those lips frozen. Bring a lock and money for lunch
at a local eatery. Rain, snow, or icy conditions at
start time cancels. Leaders Richard Sanford and
Rhonda Wittorf.

Sunday February 4th

☺ FROSTBITE RIDE #10: SHEEPSHEAD BAY AND BEYOND

10AM, City Hall, 30 miles

Yet another excursion into the Borough of Churches. We'll check out the shore parkway greenway, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not bike over this pedestrian bridge in Sheepshead Bay. See www.transalt.org/bridges/sheep.html to learn why. Bring a lock, \$ for lunch and a camera. Leaders Ed DeFreitas and others.

ROSSVILLE, STATEN ISLAND

9:15AM, Doughnut Plant, 30 miles

10AM, South Ferry

Ride to the dead pool, one of the eeriest places in the five boroughs, according to some. Our destination is Rossville, Staten Island, home to the Sleigh family cemetery, Rossville African Methodist Church, Clay Pit Ponds State Park, and of course the dead pool. Leaders Josh Gosciak and David Seto.

Saturday February 10th

MERCHANT MARINE CONVOY

10AM, Cunningham Park, 35 moderately hilly miles

Warm up those dormant cycling muscles on a leisurely and scenic ride to the US Merchant Marine Academy in King's Point (www.usmma.edu) overlooking Long Island Sound. On the way back there will be nice views of Little Neck Bay from Douglas Manor and the Joe Michael's Mile bike path. Bring a lock and \$ for lunch at a diner. NOTE: temperature below 32 degrees one hour before the start or any ice or snow on the road cancels. Leaders Ira Najowitz and Dennis Griffin.

Sunday February 11th

FREEZER BURN: FLUSHING

10AM, Doughnut Plant, 35 miles

Let's take a trip over to historic Flushing. We'll travel through many neighborhoods to get there and there will be some excellent eats when we arrive. B-paced. Bring a lock, \$ for lunch, and dress appropriate for the weather. Leaders Danny Lieberman and Rhonda Wittorf.

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

610 West 115th St. PH, New York, NY 10025

By Appointment (646) 734-7144 edpino@msn.com

☺ FROSTBITE RIDE #11: UNDER AND OVER THE HUDSON

10AM, City Hall, 25 miles

We take the PATH train to Hoboken, from there we go straight north along the Hudson to the GWB, across back to Manhattan. We pass Seinfeld's old haunt, in favor of Italian, Indian, and eastern european cuisines. After refueling we follow the Hudson back to City Hall. Leaders Ed DeFreitas and others.

Saturday February 17th

☺ MEDIOCRE PRESIDENT'S DAY WEEKEND RIDE

10AM, Kew Gardens, 25 miles

Join Ed and Liz for our President's Day ride to Fillmore's. See January 13th for all the details. Updates will be posted to www.5bbc.org. Leaders Ed Pino and Liz Baum.

RIVER ROAD IN WINTER

10AM, GWB Bus Terminal (Ft Washington Ave & W 178th St), 25 hilly miles

The leaves may be gone but the beauty of Henry Hudson Drive ("River Road") remains. In the winter you can enjoy unobstructed views of the cliffs, the Hudson River and beyond. Best of all, most of the road will be closed to cars. There will also be no road maintenance, so you do need to watch for rocks and branches, and the occasional massive landslide. Lunch and Hot Chocolate at State Line Lookout Inn. Bring bag lunch or \$ for it and a lock. Leaders James Zisfein and Rhonda Wittorf.

(Continued on page 6)

Licensed Massage Therapy by Seth Asher

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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.

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

Hosteling International

891 Amsterdam Ave. (at 103rd St.) Room 111. Subway: 1 to 103rd St.—for general meetings inside.

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

Lower Manhattan Business Improvement District

104 Washington St. (near Rector St.) Subways: 1/R/W to Rector, 4/5 to Wall St.

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.

Day Trip Meeting Places (concluded)

South Ferry

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

Staten Island Boro Hall

Richmond Terrace and Borough Place, Staten Island (near the Staten Island Ferry Terminal).

Van Cortlandt Park

Broadway at West 242 Street, Bronx. Last stop on 1 subway train.

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

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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.

Day Trips (continued from page 5)

Sunday February 18th

☺ FROSTBITE RIDE #12: NEAR BROOKLYN

10AM, City Hall, 25 miles

The twin cities of New York and Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time and others. Then maybe end up at a bike friendly pizzeria near Bowling Green or a secret place in Red Hook near the bay. Leaders Ed DeFreitas and others.

Saturday February 24th

MONTAUK CENTURY TRAINING RIDE #0: RIVERDALE

9:30AM, Columbus Circle, 30 miles

It may still be freezing out there but it's time to wipe the dust off your bicycle and begin the training season for the spring! Our ceremonial start to the season begins with this relatively easy ride to the nearby Bronx neighborhood of Riverdale. Be sure to dress appropriate, bring a lock, \$ for lunch. Leaders to be announced.

Sunday February 25th

☺ FROSTBITE RIDE #13: THE WORLD'S GREATEST PANCAKES

9:45AM, City Hall, 25 miles

11AM, St George Ferry Terminal

Kull-ing all bikes, kull-ing all bikes. Join us for an encore presentation to conclude our series. Lunch will be extremely warm and delicious, at Bayonne's Broadway Diner. Journey further to Liberty State Park. Bring a lock, \$ for lunch and a camera. Leaders Ed DeFreitas and others.



Manhattan Waterfront Greenway, just under Riverbank Park. Photo by Arabelle Taggart.

Saturday March 3rd

MONTAUK CENTURY TRAINING RIDE #1: SANDS POINT

9:30AM, Cunningham Park, 30 miles

Our Montauk Century Training Series has kicked off and now we are taking trips along Long Island's North Shore. Expect hills, chills, and no spills. Complete the series and you'll be ready for anything. More details in March-April. Leaders to be announced later.

Sunday March 4th

MONTAUK CENTURY TRAINING RIDE #2: ENGLEWOOD

9:30AM, Columbus Circle, 30 miles

Our Training Series continues with rides alternating from mid-Manhattan. Progress through the series with your friends. Of course bring a pump, cable lock, hydration, and some fuel. Lunch at the Royal Cliffs Diner. Leaders: Rhonda Wittorf and John Chiarella.

5BBC Weekend Trips Meeting for Leaders



Barry Hartglass, Susan Rodetis, Jim Zisfein, Ken Williams, Steve Sakson and Brian Hoberman, at general meeting about 5BBC weekend trips. Photo by Danny Lieberman.

Sat. January 20, 2007

11AM, Hosteling International, 891 Amsterdam Ave. (103rd St.)

Leaders who are planning and/or wanting to lead a weekend trip, you are invited to contribute. Join us as we bat around ideas, new and old, as we try to come up with another outstanding lineup of cycling adventures for our members. There'll be pizza for lunch and plenty of camaraderie. Questions, email stevesakson@yahoo.com or phone (917) 974-9092. Thanks and see you there! Steve Sakson, 5BBC Weekend Trips Coordinator.

Musings of A Bicycletter Man



Cyclist Lives in the Balance.

The untimely deaths Dr. Carl Nacht and Eric Ng riding on Manhattan's Hudson River Greenway, on the West Side,

last year, was needlessly tragic. This greenway is the most widely used bike path in New York City and was supposed to be safe, with flat terrain and breathtaking views of the Hudson River. Unfortunately, cars and other motorized vehicles don't watch for cyclists, once too often. But the driver who struck Mr. Ng on a fateful night, left Chelsea Piers allegedly drunk and stupidly drove on the greenway itself, with deadly consequences.

We can't let this happen again here or anywhere else. Write your local city council member to mandate further safety for cyclists in our city. Support the effects of organizations such as Transportation Alternatives. On Sunday, January 7, 2007, come to the Times Up! Memorial. They will mourn cyclists who were unnecessarily killed here in 2006. The departed souls were people, like you and me. See

www.times-up.org website for details. Interested 5BBC leaders coming on the ride should help at the various starts. And please, ride safe and careful on the bicycle.

New York Police Department Parade Permit For Cyclists? Last November, the NYPD had a public meeting to revise parade permits to include cyclists. If this becomes an official NYPD rule, (not a law since legislative government can pass them), cyclists such as ourselves are required to get permission assembling in public places for 5BBC rides. Although the NYPD keeps the peace, parade permits for cyclists are peculiar and ridiculous. Cyclists aren't criminals. The NYPD must protect us from dangerous traffic and real crime. Parade permits aren't the answer. Again, contact your local representative in the City Council to prevent this. Make your voice heard. And let's represent the cycling community—ride safe and respect the law.

For 2007: I wish all of you a good year of wonderful cycling. We can still enjoy life—simply get on a bike and ride.

Alfredo Garcia
Editor
Bicycletter

Eyewitness to History: cyclist outside Harlem's Apollo Theater, where the body of music great James Brown, Soul Brother #1, was viewed, Dec. 28, 2006.



Carl Nacht 56 Years Old Killed by Truck June 22, 2006 Rest In Peace



Eric Ng 22 Years Old Killed By Drunk Driver December 1, 2006 Love & Rage



Elly Spangenberg, 5BBC Life Member. Photo by Alfredo Garcia.



Photo by Danny Lieberman.

Crossroads

Raleigh Kelly, Lieutenant, US Marine Corps (Special Forces) assigned to active duty in Iraq. A strong cyclist, Raleigh rode last year's Montauk Century 100 mile route with a very sturdy mountain bike and an ATB full-face helmet. Let us pray he will help maintain the peace, survive the maelstrom whole, serve with honor, return to his family and ride a bicycle again. Raleigh, above, is seen above on the Manhattan Waterfront Greenway with the USS Intrepid in the background.

Eric Milland, former 5BBC leader, accomplished marathon runner and one-time pedicab driver, has undergone treatment for cancer. He has completed several NYC Marathons, rode the Montauk Century and a 5BBC weekend self-contained trip to Pennsylvania and back. We wish Eric good health & to see him again.

Freddy Miller, seen at last December's 5BBC Holiday party, is making his way back after suffering a severe stroke many years ago. Although he no longer rides a bicycle, he can walk unassisted and has an exercise recumbent bike to work out.

Jane O'Wyatt, *Bicycletter* graphic designer since 2003, will move on to the veterinary medical field. We thank Jane for her excellent contributions to the print edition. This is her last issue. She will be missed.



Riding into Liberty State Park. First Frostbite ride, Dec. 3, 2006. Photo by Gerry Regan.

Five Borough Bicycle Club General Meetings

Mon. 22 January 2007

Scandinavian Adventure

6:30pm Lower Manhattan Improvement District

5BBC Members Ken Coughlin and Brian Hoberman will warm up the evening with a travelogue and photo album from their trip in Sweden and Denmark this past Summer. They will provide practical info on self-contained bicycle touring, shipping bikes by air and rail transportation in a foreign land.

We will also hear from Laurent Chambard, NJ/NYC regional brevet administrator for Randonneurs USA <http://www.rusa.org/> (RUSA). Laurent will discuss *randonneuring* (long distance cycling with specific time limits) and will present his 2007 calendar of 200, 300, 400 and 600 kilometer brevets for cyclists who can qualify for the famous Paris Brest Paris <http://www.paris-brest-paris.org/EN1200k> ride in France.

Check brevet schedule on page 9. To find out what *randonneuring* is all about, visit www.machka.net/rand.htm.



Gridlock Sam.

Mon. 26 February 2007

I Hate Traffic: A Conversation with Sam Schwartz
6:30pm Hosteling International

We are extremely pleased to have "Gridlock" Sam Schwartz. He's a civil



Photo by Brian Hoberman.

engineer, New York urban traffic infrastructure expert, consultant, has a traffic column in the New York Daily News, as well as a cyclist.

From his unique perspective, Sam will discuss our regional transportation and traffic systems—the history (esp. his role with NYC bike lanes), the engineering and the politics (esp. his thoughts on decongesting traffic in the Big Apple).

Looking Ahead: Mon. 12 March 2007

Ask The Bike Shop Pros

7:30pm Bicycle Habitat, 244 Lafayette St.

Owner Charlie McCorkell will meet exclusively with 5BBC members to talk shop (bike specifics, running a small business) as well as offer sale discounts. Details in next *Bicycletter* or visit club website.

Winter Fun When You Don't Want to Ride

How many times have you thought: "I've had enough of riding in the cold. I want to have fun in the snow!?"

Well many 5BBC riders enjoy that fun when they travel with the sister club, the Ski & Snowboard Club of New York (www.skiclubofnewyork.org).

Weekends provide the most fun, but if your busy schedule doesn't permit the time, a day trip can be enough to satisfy your snow craving. On most trips you can enjoy several types of activities on the snow: Downhill Skiing, Snowboarding, Cross-country Skiing and Snowshoeing. Some trips also give you the opportunity to go inner-tubing or ice skating. And you can take a ride down a bobsled run or even speed skate at the Olympic Stadium on the Lake Placid trip.

Comfortable travel in a well equipped motor coach bus lets you relax between the city and the snow, and gets you to the trails without a hitch. Each trip is run by friendly and experienced ski eaders who will do everything they can to make sure you and the group have as much fun as possible. Whether it's about the bus, the hotel, the ski area, or equipment, you'll have someone on your side to make sure you are safe and well taken care of. And all this care and fun are brought to you at an unbeatable value.

Destinations include some of the Northeast's finest winter resorts, so the quality of the snow will be the best that it can be. There is always a choice of terrain to suit every ability. You can take advantage of lessons at any level and rent or demo new or different equipment. Lift or Trail Passes are often available at a reduced group-rate, so you can save a few bucks as well. If you need to warm up, or just

had enough of the white stuff, there's always a place to sit and relax, get a hot or cold one, and have a snack or meal. Nearby shops offer sales and service to satisfy your gear and gadget needs.

Overnight accommodations on weekend trips are close to the action, both day and night. You'll enjoy a warm bed, hot showers and hearty breakfasts. Dinners are sometimes included, and always let you enjoy the company of friends, old and new. Nightlife can be experienced without the hassle of driving, and you can find anything between mild and wild.

To find a trip that fits your calendar or your taste, visit the website (www.skiclubofnewyork.org). Each trip is described in detail, and other information can be found to answer your questions. If there is anything you want to know more about, or prefer to speak to someone in person, call (212) 932-2300, x116. The office is staffed by volunteers on Tuesday nights from 7:00 to 8:30 pm. Otherwise, if you get the voice mail service, just leave a message and someone will get back to you right away.

2007 Schedule:

Saturdays; Jan 6, Feb 10 & 24: Day trips to Windham Mountain offer Downhill Skiing and Snowboarding

Weekend Trips: Jan 19-21, Killington, VT – Slope-side accommodations – Downhill/Snowboard & Cross-country/Snowshoe Feb 16-19, Stowe, VT – 3 day MLK Weekend – Downhill/Snowboard & Cross-country/Snowshoe Mar 2-4, Lake Placid, NY – Olympic Center – Downhill/Snowboard & Cross-country/Snowshoe Mar 9-11, Stratton, VT – Slope-side accommodations; Lift Pass INCLUDED – Downhill/Snowboard ONLY

New York-New Jersey Brevet Series 2007

Randonneur cycling is different from usual club rides. You ride long distances at a measured pace. You ride independently, neither too quickly nor too slowly along a prescribed route, without getting lost, tired or demoralized.

To ride the famous Paris Brest Paris 1200k (800 mile) brevet, in France, you need to complete a series of brevets of 200k (125 miles), 300k (187 miles), 400k (252 miles) and 600k (373 miles) before June 17, 2007. The New York-New Jersey Randonneur Brevet Series offers the rides to qualify.

Why not be among the first to represent the 5BBC for Paris Brest Paris and be an *Ancien*?

2007 Brevets: Sun. April 7-200k; Manhattan, NY; April 7-8-360k Fleche TBD; Sat. April 14-200k;

Princeton, NJ; Sat. April 28-300k; Princeton, NJ; Sat. May 12-400k; Highstown, NJ; June 2-3-600k; Highstown, NJ; Sun. June 17-300k; Manhattan, NY; July 7-8-600k; Englewood, NJ; Sat. July 28-200k; Cranbury, NJ; Sun. Aug. 12-188k populaire; Manhattan, NY; Sun. Sept. 16-200k; Springfield, NJ; Sun. Oct. 14-200k; Manhattan, NY

Note: There are various fees of \$10 to \$50 for the above rides. Last day for PBP qualification is June 17, 2007 PBP is held August 20-24, 2007

For info, contact Laurent Chambard, Regional Brevet Administrator, email njrando@verizon.net. Visit Randonneurs USA www.rusa.org and Paris Brest Paris (English) www.paris-brest-paris.org/EN.

5BBC Holiday Party, Dec. 9, 2006.



Lee & Peter dancin' the night away.



Accountants Susan, Gia & Elly take a break from crunching numbers.



Sharon with chocolates & guys.



Cyclist Dad and budding cyclist daughter.



Waiver and Release of Claims Required for 5BBC Membership

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

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

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

I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

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

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

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

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

Agreement by Parent or Guardian of a Minor

I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public

roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

Parent's or Guardian's Name (Please print) _____

Parent's or Guardian's Signature _____ Date _____

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____
Dual Membership: two persons at same address.
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). \$ _____

Bike Course

Name & date of class _____
Members \$20, Nonmembers \$30 each.....\$ _____

Five Icon Jersey

Indicate quantity and size.
Men (Circle One).....S.....M.....L.....XL.....XXL
Ladies (Circle One) : S.....M.....L.....XL
Members \$60, Nonmembers \$75 each.....\$ _____

Lady Liberty Jersey

Indicate quantity and size.
Men (Circle One).....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

12/15/06

General Information (Please print)

First Name _____ M.I. _____ Last Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Email Address _____

Day Phone _____ Evg. Phone _____

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

First Name _____ M.I. _____ Last Name _____

Email Address _____

Day Phone _____ Evg. Phone _____

Supplementary Information

Required for 5BBC Membership

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

_____ Do not list snail mail address in the 5BBC roster.

_____ Do not list email address in the 5BBC roster.

_____ Do not list phone numbers in the 5BBC roster.

_____ Do not share name, address, etc. with other bike clubs or cycling organizations.

_____ Do not send weekly email on current 5BBC rides and events.

_____ Do not send newsletter by snail mail. I'll download it faster from the Member's Only page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

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. Thanks to club leader Kent Mark and board member-at-large Leila Rinehart for expanding this discount bike shop list for 5BBC members.

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

On The Move

400 7th Ave.
Brooklyn, NY 11215
(717) 768-4998

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
www.city-bicycle.com

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

NYC Velo

64 Second Ave. (@ 4th St.)
New York, NY 10003
(212) 253-7771
www.nycvelo.com

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

Bellitte 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 Tech

246 Main St.
Lincoln Park, NJ 07035
(973) 768-4998

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



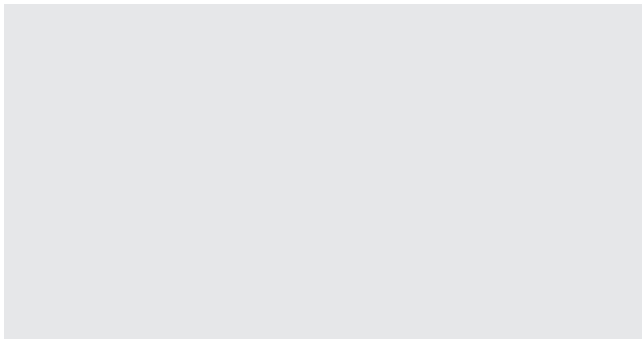
c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403

Address Service Requested

First Class Mail
 US Postage
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 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 March-April 2007 issue is Monday, February 5, 2006.

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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.
www.5bbc.org