

March-April 2007  
Volume 17 Issue 2

# B I C Y C L E € € R™

Bi-Monthly Publication of the Five Borough Bicycle Club, New York, NY, USA

## March / April 2007 Club General Meetings Presented by Barry Hartglass, 5BBC Programs Coordinator



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Daylight Savings Time begins  
Sunday  
March 11, 2007.  
Set watches, clocks, cyclometers and other time pieces  
1 hour ahead!

### Mon. 12 March 2007 General Meeting **ASK THE BIKE SHOP PROS**

7:30-9:00pm

**Bicycle Habitat, 244 Lafayette St., New York, NY.**

**#6 train to Bleecker St or R, W to Spring St.**

Our March meeting will be held at Charlie McCorkell's Bicycle Habitat, "New York's Best Bike Shop" acclaimed by New York Magazine and the NY Daily News. This an exclusive after-hours opportunity for club members and accompanied guests to ask Charlie and his mechanics about bikes and accessories (or even what it takes to run a small business!) & get recommendations for the Spring season.

If you have specific questions for Charlie, email [cmcbike@bicyclehabitat.com](mailto:cmcbike@bicyclehabitat.com) before the meeting with cc: [programs@5bbc.org](mailto:programs@5bbc.org).

During the meeting, store merchandise will be available for purchase at special sale prices!

Charlie is a civil engineer by training and a NYC cyclist and cycling advocate for over 35 years. He is an Executive Director Emeritus of Transportation Alternatives (TA).

Refreshments will be served. The 5BBC would like thank Eric Schofield of Charlie's staff for helping us set up this program.

Mon. 16 April 2007

### **BRIDGES OF NEW YORK: THE VIEW FROM THE TOP**

6:30-8:30pm

**Hosteling International 891 Amsterdam Ave.,  
New York NY. #1 train 103rd St. (Broadway)**

If you're a bridge, Dave "The Bridge Man" Frieder ([www.davefrieder.com](http://www.davefrieder.com)) wants to take your picture. He has climbed to the top of 16 New York area bridges to capture views and you simply can't get from below.

Dave has studied under John Sexton, personal assistant to Ansel Adams and Jeff Nixon, workshop assistant to Ansel Adams and Morley Baer and a member of the American Society of Media Photographers. Dave will present his work with a movie of the George Washington Bridge. Archival quality signed prints can be ordered.

Light refreshments will be served. Indoor bike parking is available. Enter the hostel via the lobby, park your bike at the 5BBC office (Room 002, lobby level), then walk one level up to the Board Room (Room 111) for the meeting.

We see these bridges from our bicycles. Here is our chance to see them from a new perspective.



Dave Frieder self portrait, Manhattan Bridge



Mr. President

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## ☺ ☺ Don't Worry, Be Happy ☺ ☺

Looking to get into or return to cycling? It's not too late. Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders. We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol (☺). Rides range from 20 to 30 miles, go at a leisurely

pace and attract cyclists like you. Make sure your bike is in good working order—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC or Snell. Ride smart, and have an adventurous spirit.

## About Day Trips

Day trips are free rides in and around New York City. Rides are open to responsible cyclists, both 5BBC members and non-members. No advance sign-up is required. Rides are led by trained, experienced 5BBC leaders. Unless noted, the Point-Drop-Sweep system is used, in which leaders ride at the front and rear of the group, keeping cyclists together. This system accommodates a wide range of paces within one ride. Riders generally receive a map or cue sheet of the route. Rest and lunch stops are planned. Unless otherwise stated, day trips return to the starting point at the end of the ride.

Riders are required to wear a cycling-specific helmet approved by CPSC or Snell, and are required to have a legally equipped bicycle, including working brakes, a bell or horn, and front and rear lights for night rides. Bicycle gear should include at least one water bottle, a pump, spare tube or patch kit, basic tools, and a lock. Dress for the season, including temperature variations of 15-20 degrees in either direction from the temperature at the starting time. Bring lunch or money for it, plus money for admission fees and railroad tickets as needed; an area map is also suggested. Motorized vehicles and headphones are not permitted.

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

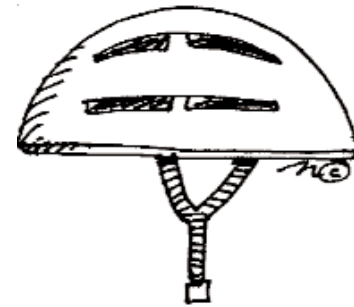
## Participants under age 18

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

**EXCEPTION:** If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride. The participation of a minor in a 5BBC event must always be cleared with the leader of that event.

## Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The



organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the toughest

standards for helmets, especially for bicycling.

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

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

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

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

# Day Tripper

March, you say? OK, it's time to get the bike out of storage in the basement. Wipe off the dust, grease the chain and oil those derailleurs and brake points. Before you take your steed out on the road to join our spring series you really should go over the bike at home or have it done at the shop. This is because we want to reduce rider downtime for everyone. Once you've pumped up your tires, checked your brake pads and shifting, keep an eye on what you are packing. You want to have a couple of spare tubes to go with your pump, tire levers and the rest of your tools.

If you've never joined the 5BBC Montauk training ride series before please read through before your first ride and then join us for as many of the series as you can. The more of these training rides you do the easier it will be when you ride the Montauk Century tour on May 20th.

First, pack light but pack smart. You should carry what you need with you and not have to rely on others to have a pump, spare tube, and other tools. You will need tire levers, and it's always good to have a small multi-tool that contains allen wrenches and a chain tool

You should have some energy bars or other pocket energy food and enough water to make your trip easy. If you are going to be climbing you will want to hydrate, and if you don't you will get leg cramps. You should take at least 2 full bottles or a hydration pack.

Dress sensibly and check the weather before the ride. Our early training rides are at the end of winter so the temperatures could be anywhere between the mid-30s and the 50s. Wear layers that are easy to remove so you can adjust for varying winds and temperatures.

Often our training rides will be through areas with no transit service on weekends, especially in New Jersey and Rockland County. If you have a serious mechanical problem our leaders will do their best to help you, if they can, or try to help you find transportation to a nearby bike shop. Bring your cellphone, in case you have to reach someone in an emergency.

## About Quick Spins

The "Quick Spin" training rides are provided for those members who want to do the same rides at



John Chiarella photo

a faster pace than the normal training ride. The pace of a quick spin may be 16 or 17 mph or faster. The pace is determined by the ride leaders and most quick spins will not use point-drop-sweep. That means you should not join a quick spin group unless you are sure you can keep up with the group.

Our longest training rides (80-90 mile distances) will go out with just one group instead of two. While they are not listed as "quick spins" they will maintain a quicker pace and almost certainly will not use point-drop-sweep. Trippers on these rides will be expected to know how to read a cue sheet and ride on their own.

**NOTE THAT DAYLIGHT SAVINGS STARTS SUNDAY, MARCH 11. SET CLOCKS ONE HOUR AHEAD!**

**Danny Lieberman**  
**Day Trips Coordinator**  
**daytrips@5bbc.org**

## Learn How to Ride a Bike

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.mtanyct.info/customerselection.asp>. Weblink: [www.mta.nyc.ny.us/nyc/safety/bike/](http://www.mta.nyc.ny.us/nyc/safety/bike/)

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

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

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

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

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application:

### New Jersey Transit (NJR) 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 info, please call (973) 762-5100 or visit [www.njtransit.com/cs-ride\\_bike.shtm](http://www.njtransit.com/cs-ride_bike.shtm)

### Port Authority Trans Hudson (PATH)

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

## Meeting Places for Day Trips and General Meetings

Note: \*W subway runs on weekdays only

**AYH (a.k.a. "The Hostel")**  
Hostelling International/  
American Youth Hostels,  
Amsterdam Avenue at 103  
Street, Manhattan. Subways:  
1 to 103 Street, 2 3 to 96  
Street.

**Bicycle Habitat**  
244 Lafayette St. b/w Spring  
& Prince street. R, W, 6 to  
Spring St

**City Hall**  
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 Trnpike  
to parking lot at 196 Place.

**Doughnut Plant**  
379 Grand St, SW corner  
Norfolk St. F train Delancey  
St, J,M to Essex St.

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

**Hostelling International  
(a.k.a. "The Hostel")**  
891 Amsterdam Ave. (at  
103rd St.) Subway: 1 to  
103rd St. (Broadway)

# Day Trips March-April 2007

## Saturday March 3rd

### MONTAUK CENTURY TRAINING RIDE #1: SANDS POINT

9:30AM, Cunningham Park, 30 miles  
Our Montauk Century Training Series has kicked off. This is our first trip out along the North Shore of Long Island. Expect hills, chills, and no spills. Scenic Port Washington makes this trip worth braving the cold. A hearty lunch stop completes this short, fun ride. Come prepared and start the series off right.

**Leaders: Andrea Mercado and Ira Najowitz.**

## 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. Cross the George Washington Bridge and enjoy the hills of Bergen County. You'll enjoy lunch at the Royal Cliffs. Remember to pack the usual essentials needed for all the training rides (see Day Tripper column for the details.)

**Leaders: John Chiarella and Danny Lieberman.**

### UNDER AND OVER THE HUDSON 9:30AM, City Hall, 30 miles

Stretch your legs along a long shoreline stretch from Hoboken to the GW Bridge. Bridge the Hudson back to NYC. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian and Eastern Europe. It's all on one block of Amsterdam between 110th & 111th Streets. Then we'll follow the Hudson River (really, ask Ed why.) back down to City Hall. Bring a lock & \$ for lunch. Moderate pace and mostly flat with one big hill.

**Leaders: Ed DeFreitas and others.**

## Saturday March 10th

### MONTAUK CENTURY TRAINING RIDE #3: ENGLEWOOD CLIFFS

9:30AM, Columbus Circle, 40 miles  
We'll travel a little farther than our last venture and climb a few more hills before our obligatory diner stop. You'll see how easy it is to progress through the training ride series. Don't forget to bring a few tools, hydration and a lock.

**Leaders: Jim Zisfein and William Batista.**

### ☺ GETTING FRAMED RIDE 11:15AM, Plaza Hotel, 25 miles

Jerry never complains about getting framed especially when he's doing the framing. Join us for this ride to his amazing picture frame factory in Brooklyn. You won't believe what the right frame means to a work of art. Need to frame eighty thousand pieces of art for your next museum exhibit? Just ask Jerry—he's done it! See his newest process of lifting paint from a photo and transferring it directly to canvas, Bring lock and \$ for lunch at a local ethnic restaurant. Rain, snow, or icy conditions at start time cancels.

**Leaders: Richard Sanford and Ed Ravin.**

## Sunday March 11th Daylight Savings Time begins

### MONTAUK CENTURY TRAINING RIDE #4: HICKSVILLE

9:30AM, Cunningham Park, 30 miles  
While this is not strictly a North Shore ride, Hicksville still makes a great destination. Join Ed and Liz for a moderately paced trip. Don't forget to set your clocks ahead 1 hour in advance so you don't miss the ride! If only all the training rides were this easy!

**Leaders: Ed Pino and Liz Baum.**

### ☺ WOODLAWN CEMETERY TOUR 9AM, AYH, 30 miles

Come join the celebration of Living History, at New York's second oldest cemetery. We visit not only the pass but an outstanding venue for reflection, peace, and beauty. We may get a guided tour.

**Leaders: Ed DeFreitas and Jesse Brown.**

## Saturday March 17th

### MONTAUK CENTURY TRAINING RIDE #5: NORTHVALE

9AM, Columbus Circle, 45 miles  
8:30AM, Quick Spin

Northvale marks the start of our quick spin series. Those who leave earlier get back earlier. You'll climb a few more hills getting back from Northvale, but the trip will be worth it.

**Leaders: Andrea Mercado and Steve Sakson.**

**Quick Spin leaders: Jim Zisfein and Dennis Griffin**

## Sunday March 18th

### FROSTBITE RIDE # 00 (double-zero) BROADWAY IN SUMMIT

9AM, World Trade Center, 40 miles  
Well, we unofficially began the Frostbite Series with a "single-zero" ride back in November, so we'll end it with a reprise and a an extra zero. If you liked the Broadway Diner back in Bayonne,

you'll love it's sister location in Summit NJ for encore pancakes or brunch items, maybe even some with green toppings left over from St Paddy's Day. And once again we promise: No one's gonna get lost. Bring \$3 for PATH fare, lunch money and bike locks. Moderate pace, but note longer than usual mileage for a Frostbite, plus much hillier terrain (including one biggie). Heavy rain cancels.

**Leaders: Ted M. Kushner and Ed DeFreitas.**

### **Saturday March 24th**

#### **MONTAUK CENTURY TRAINING RIDE #6: LOCUST VALLEY**

9AM, Cunningham Park, 50 miles  
8:30AM, Quick Spin

Locust Valley is a new destination for an older ride, spiced up just a little. This is a quaint town along the "Gold Coast."

Visit [www.locustvalley.com](http://www.locustvalley.com) for more information.

**Leaders: Ed Pino and Liz Baum, Quick Spin leaders: Dennis Griffin and Steve Taylor.**

#### **WESTCHESTER TRAILS RIDE**

10AM, Van Cortlandt Park, 30 miles

Two long-distance, off-road trails meet in the Bronx - try them both! Take the Putnam Line Trail's nice flat route of a former railroad into Westchester County, and the Croton Aqueduct Trail's nice flat route of NYC's first water supply system back home. There will be a few steep hills in between so that we don't get too tired of the nice flats. Hybrid or fat-tire bikes recommended, but not strictly necessary if you have at least 28c tires and don't mind a few bumps, rocks, and tree roots. Bring or buy lunch.

**Leaders: Ed Ravin and William Batista**

### **Sunday March 25th**

#### **ROSSVILLE, STATEN ISLAND**

9:15AM, Doughnut Plant, 40 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. Co-listed with the NYCC. **Leaders: Josh Gosciak and Alfredo Garcia.**

#### ☺ **WILD THINGS IN DA BRONX**

9:30AM, City Hall, 35 miles

The New York Zoological Society resides in The Bronx. This is truly one of the jewels of NYC. Come do a Bike Safari to a world-class zoological institute. Here, they are doing the work that is literally saving endangered species, educating the public by showing the animal

world in it's most natural settings. So, come, children of all ages and enjoy Da Wild Things in Da Bronx. Moderate pace, mostly flat terrain.

**Leaders: Ed DeFreitas and Jesse Brown.**

### **Saturday March 31st**

#### **MONTAUK METRIC TRAINING RIDE #1: HICKSVILLE**

9AM, Cunningham Park, 30 miles

We're reprising the trip to Hicksville again for the debut of our Montauk Metric series. Once again we're visiting the Empire Diner, made famous in the Billy Joel song "Great Wall of China." The same prep and advice applies: pack the necessary tools, water and a lock.

**Leaders: Ira Najowitz and John Chiarella.**

### **Sunday April 1st**

#### **MONTAUK CENTURY TRAINING RIDE #7: WESTWOOD**

9AM, Columbus Circle, 55 miles  
8:30AM, Quick Spin

We're not fooling around today because we're taking one of the most scenic trips in our series. Westwood is tucked into a hilly corner of Bergen county and the farther you go, the prettier it gets.

**Leaders: Brian Hoberman and Danny Lieberman. Quick Spin leaders: Steve Taylor and Wentworth Price.**

#### ☺ **FOUR BORO BIKE TOUR**

9AM, City Hall, 35 miles

Sorry S.I. We promise to dedicate an entire ride to you. We want have enough time give justice to Arthur Avenue, deep in the heart of The Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into The Bronx. Lunch along Arthur Avenue, in Belmont, an Italian-American enclave. It is also where Dion & The Belmonts came from. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock & \$ for lunch. Moderate pace, mostly flat terrain.

**Leaders: Ed DeFreitas and others.**

### **Saturday April 7th**

#### **MONTAUK CENTURY TRAINING RIDE #8: CENTRE ISLAND**

9AM, Cunningham Park, 65 miles  
8:30AM, Quick Spin

Centre Island, one of our favorite destinations, is an essential marker in our training series. Get out along the breathtaking shore and you'll find the hills are not as daunting as they were last time. **Leaders: Ed Pino and Liz Baum. Quick Spin leaders: Dan Finton and Natalia Lincoln.**

## **Meeting Places for Day Trips and General Meetings (concluded)**

Note: \*W subway operates weekdays only.

#### **Lower Manhattan Business Improvement District**

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

#### **Plaza Hotel**

Fifth Ave., 59th St. near Pulitzer Fountain. Subways: N, R, W to Fifth Ave.; 4, 5, 6, B, D, E, F nearby

#### **South Ferry**

Auto ticket booth, Staten Island Ferry, ground level. Southern-most 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.

#### **Van Cortlandt Park**

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

#### **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 St or Rector St.; 2, 3 to Park Place; 4, 5 to Fulton St.



A decommissioned, vintage "Redbird" #7 Subway car, permanent exhibit, Kew Gardens, Queens.

## Manhattan Bike Lanes



Allen Street



90th Street

### 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](mailto:matt@mattbass.com) phone (212) 874-3463.

## Sunday, April 8th (Easter Sunday)

### FIVE TOWNS QUICK SPIN

9AM, Doughnut Plant, 55 miles

Let's go back to the Five Towns at a B16 pace. We'll cut across Queens, then sail by the exclusive sections before we break for lunch in Cedarhurst. A very fun and flat trip. Bring a lock, a camera and lunch lucre. **Leaders: Danny Lieberman and Rhonda Wittorf**

### LONGER RIDE TO A SHORT PIER

9AM, Plaza Hotel, 50 miles

Yeah! Yeah! Everybody goes to Piermont! Big deal! But, why this place exists? Who cares! Just as long as it's there for cyclists knock themselves out getting there. So come, enjoy. Have a doughnut on the way back, maybe. You worked hard, you deserve it. Moderate pace, hilly terrain.

**Leaders: Ed DeFreitas and others.**

## Saturday April 14th

### MONTAUK CENTURY TRAINING RIDE

#9: ROCKLAND LAKE

9AM, Columbus Circle, 70 miles

8:30AM, Quick Spin

This ride will take you north into the hillier terrain of Rockland county and the town of Congers. If you've been following our progression you'll be ready for the slopes and valleys along the way to Rockland Lake State Park. **Leaders: Steve Sakson and Brian Hoberman. Quick Spin leaders: Dennis Griffin and Susan Rodetis.**

### ☺ PALISADES BIKE HIKE: PEANUT LEAP CASCADE

9AM, George Washington Bridge Bus Terminal, 30 mile ride, 4 mile hike

Just north of the state line in Palisades Interstate Park you can find the ruins of a 19th century estate on the Hudson River next to a lovely waterfall. To see these gems, you have to leave your bike at the top of the cliff and hike down 532 feet to water level, the equivalent of a 53-story building. Then, of course, you have to hike back up. You will get good exercise, beautiful views, and a history lesson—we'll be accompanied by a historian who will tell us more than we needed to know. See [njpalisades.org/slo-hike.htm#Peanut](http://njpalisades.org/slo-hike.htm#Peanut) for details. Bring a bike lock, water, snacks, comfortable walking shoes, and lunch or \$ for it. Relaxed pace for ride and hike. Hilly terrain. **Leaders: Jim Zisfein and others.**

### ☺ STEP BACK IN TIME 11AM, Prospect Park, 15 miles

This ride was canceled last time due to rain. Great! Now, we can step back in time even further. Grab your whale oil lamp again, ring your servant's 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 at start time cancels. **Leaders: Richard Sanford and William Batista**

## Sunday April 15th

### MONTAUK METRIC TRAINING RIDE

#2: ENGLEWOOD

9AM, Columbus Circle, 30 miles

Our Metric training series continues with a medium-paced trip across the GW Bridge and the hills of Bergen County. See March 4th for more details.

**Leaders: Rhonda Wittorf and Julia Cohen.**

### BROOKLYN SOJOURN

9AM, City Hall, 40 miles

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

**Leaders: Ed DeFreitas and others.**

## Saturday April 21st

### MONTAUK METRIC TRAINING RIDE

#3: CITY ISLAND

9AM, Columbus Circle, 40 miles

City Island is not just a little fishing village off of the coast of the Bronx. The coastline in this area is tremendous and filled with greenways. This training ride is mostly flat with a few noticeable hills and wonderful scenery. Lunch stop on the island and return via Pelham Manor, Mount Vernon and Yonkers. **Leaders: Brian Hoberman and Susan Levine.**

### SLAVES OF SLEEPY HOLLOW

10AM, Van Cortlandt Park, 35 miles

Follow the scenic Hudson River up to Philipsburg Manor, an 18th century grist mill powered with slave labor. Now a museum, visitors will get an unvarnished appreciation of life on a colonial farm. We'll also see a special .

sheep-herding and wool-making exhibition on the museum grounds. Return route will use the car-free South County Trailway. Bring \$10 for admission, bring or buy lunch. Terrain: moderately hilly with a few steep hills  
**Leaders: Ed Ravin and Jim Mallard.**

### Sunday April 22nd

**MONTAUK CENTURY TRAINING RIDE #10: SUNKEN MEADOW**  
8:30AM, Cunningham Park, 75 miles  
8AM, Quick Spin

It's Earth Day! Let's celebrate with one of the fun, longer training rides, this time to Sunken Meadow State Park near King's Park. 75 miles never felt so good.

**Leaders: Ed Pino and Liz Baum. Quick spin leaders: Dennis Griffin and Natalia Lincoln.**

**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 April 28th

**MONTAUK CENTURY TRAINING RIDE #11: STONY POINT**  
8AM, Columbus Circle, 82 miles,  
(One group)

For the longest training rides we just have one group going out. Stony Point, just south of Bear Mountain, is one of our most technical and challenging trips. This ride is very hilly, so don't attempt this unless you are ready.

**Leaders: Dennis Griffin and Susan Rodetis.**

### Sunday April 29th

☺ **PALISADES BIKE HIKE:**

**CLOSTER LANDING LOOP**  
8:30AM sharp, GW Bridge Bus  
Terminal, 25 mile ride, 5 mile hike

Here at the 5BBC, we don't just talk the talk. We will lock our bikes and go hiking with a Palisades Interstate Park historian (he will do the talking, believe me) and explore the ruins of estates that dotted the Palisades cliff before they were demolished to make way for the park and parkway. See [www.njpalisades.org/alp-hike.htm](http://www.njpalisades.org/alp-hike.htm)

#Loop for more info. Bring a bike lock, water, snacks, comfortable walking shoes, and a bag lunch. Relaxed pace for ride and hike. Hilly terrain. **Leader: Jim Zisfein and others.**

### Saturday May 5th

**MONTAUK CENTURY TRAINING RIDE #12: LLOYD NECK**  
8AM, Cunningham Park, 85 miles,  
(One Group)

The big bike tour is tomorrow so what better way to warm up than with a long roller coaster trip like Lloyd Neck? Because it's such a long distance ride one group will do just fine. Pack some snacks for the trip, in case you need the extra energy, and plenty of water so you don't get leg cramps. Warning, not for beginners.

**Leaders: Dennis Griffin and Steve Sakson.**

### Sunday, May 6th

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

### Saturday May 12th

**MONTAUK CENTURY TRAINING RIDE #13: EATON'S NECK**  
8AM, Cunningham Park, 90 miles (One Group), Cue sheet only.

OK, you've done the rest - now finish the job! The scenery of the North Shore expands on this beautiful trip and the main century event is just one week away. If you're ready for this 90 miler you'll have no problem with the full century coming up. No point-drop-sweep on this final training ride.

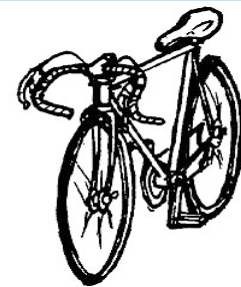
**Leaders: Dennis Griffin and Natalia Lincoln.**

### Sunday May 13th

**MONTAUK METRIC TRAINING RIDE #4: PIERMONT**  
9AM, Columbus Circle, 50 miles

Our metric series concludes with an old standard - Piermont, NY. Enjoy the hills, green pastures and river views. We'll visit the pier that extends nearly a mile into the mighty Hudson. Bring lunch dough and a camera.

**Leaders Brian Hoberman and others.**



### Cycling Confidence Boosters

#1 Try to avoid situations where you are of a lesser standard than most of all the other riders around you.

#2 No matter how hard you try to be confident, in our ways, a negative thought can pop in your head ("Why am I so useless...?" "No, can't do it," etc.). Stop the thought and replace it with a positive one, usually of past cycling success.

#3 After you finish each ride, ask yourself what went right, what felt good, what you achieved, how you've improved.

#4 When possible, surround yourself with positive, encouraging people. It works wonders for confidence. You don't need people around you who say things like "Let's face it, neither of us are ever going to be much good" or "There's no chance you'll stick to that training program."

#5 If you are frequently successful, you are obviously going to be highly confident of your chances of achieving success next time around. Success or failure? Confidence could take a dive or go sky high, depending on how you choose to look at it. Judge yourself by how well you do, not by whether anyone else happens to do better than you.

from Cycling Today (England)  
March 2000

Scenes from the Bike Boat Wine Bike weekend trip, June 2006.  
Photos by Sharon Behnke.



## Weekend Trips 2007: Oceans to Mountains and All In-Between

From the shores of Long Island Sound to the San Francisco Bay, the 5BBC's creative trip leaders have assembled our club's most exciting array of new bike trips ever. We've coupled them with many of our old favorites to create an unprecedented lineup of cycling experience for you to choose from in 2007.

Our new trips include tours of the California coast, the Long Island and Connecticut shores, the mountains of Vermont, and the beauty of the Harlem Valley. And, of course, we'll return again to Pennsylvania Dutch Country and Cape Cod, and ride Maryland's Seagull Century, the easiest 100 miles in the East. As always, our trips are designed for maximum delight at a minimum of cost.

Signing up for our trips remains easy, as we'll again offer online registration via [www.active.com](http://www.active.com). And we're again offering 10% early-bird discounts if you register more than 30 days before a trip.

See individual trip descriptions below for prices and the riding styles of each trip. For more detailed writeups of our trips, visit our web site [www.5bbc.org](http://www.5bbc.org). To ask questions please e-mail me, or call our Weekend Trips information line, at (212 932-2300 x138).

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

### *A twist on the 5BBC's springtime classic* **MONTAUK CENTURY WEEKEND May 19-May 20 (Saturday morning to Sunday evening)**

Trip No. MCW  
Deposit: \$150; Regular price: \$250  
Early-bird discount price  
(Deadline April 19): \$225  
REGISTRATION DEADLINE: MAY 10  
Transportation: van  
Lodging: hotel; double accommodations  
Trip Rating: A, B  
Mileage: Flexible: 67 to 100 miles per day,  
mostly flat  
**Leaders: Ken Williams and Wentworth Price**

For years cyclists from across the Northeast have come together for a springtime classic, the 5BBC Montauk Century. There's no wonder why: the ride is flat, scenic and superbly supported. However, not everyone is up for 145 miles in one day. Now, we've got your solution - do it in two days on our Montauk Century Weekend! This year we've added additional mileage opportunities for those interested in completing a gorgeous and easy double-century over the 2 days. You'll start pedaling east from Manhattan Saturday morning, supported by our private SAG van, which will also tote your weekend bag. Near the midpoint, we'll gather for a fine dinner and then retire for the evening

at a hotel. Sunday, we'll join the throng for the rest of the route out to Montauk, enjoying all the Montauk Century services along the way. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear, back to the city

### *Memorial Day Weekend in Amish Country* **PENNSYLVANIA DUTCH TREAT May 25-May 28 (Friday morning to Monday evening)**

Trip No. PDT  
Deposit: \$150.  
Regular price: \$365  
Early-bird discount price (Deadline April 25): \$329  
Transportation: van or carpooling  
Lodging: farmhouse; shared rooms, double or triple accommodations  
Trip Rating: B  
Mileage: Moderate, 40 per day on rolling hills  
**Leaders: Steve Sakson & Andrea Mercado**

Step back to a simpler time during our trip to bucolic Lancaster County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures, and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll



visit a working grist mill, and picnic on the site of an early settlement village. We'll lodge at local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. Dinner will be a unique experience every night. One evening, we'll be guests at the home of an Amish family. We'll also partake of a traditional Penn Dutch all-you-can-eat smorgasbord, and we'll cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

*Trek to Lake Tiorati*

**BEAR MOUNTAIN-HARRIMAN STATE PARK**

**May 26-May 28 (Saturday morning to Monday evening)**

Trip No: BM

Deposit: \$100.

Regular price: \$135

Early-bird discount price (Deadline April 26): \$122

Transportation: Self-contained

Lodging: Cabins/dorm rooms

Trip Rating: A

Mileage: Hard, 50 each way with some very steep hills

**Leaders: Ira Najowitz and Manny Sanudo**

Our host for this adventure-filled trek is the idyllic Camp Thendara, a 90-year-old mountaintop lodge, complete with stone fireplace, on Lake Tiorati in Harriman State Park. We will cycle 50 hilly miles from midtown Manhattan on Saturday, going "self contained," meaning we'll carry all our gear on our bikes.

**A REAR RACK AND PANNIERS TO CARRY YOUR GEAR ARE MANDATORY.**

Sunday offers a variety of options: you can swim or boat on the lake, hike the trails, bike in the park, or just relax. We'll work up our own home-cooked breakfasts and dinners, and trail lunches, all included in the price. Guests at Camp Thendara prepare their meals together and perform light clean-up chores. On Monday, we'll bike home via a different route, with plenty of quiet back roads. For more information on the camp go to <http://www.thendaramountainclub.org>.

*New Trip!*

*The Heart of the Golden State*

**CALIFORNIA DREAMIN'**

**May 26-June 3 (One week: Saturday morning to Sunday night)**

Trip No: CD

Price: TBA (check [www.5bbc.org](http://www.5bbc.org))

Lodging: Victorian mansions/motels/condos

Trip Rating: A/B, perhaps a few Cs

Mileage/riding style: Ability to ride sequential 45-75 mile day rides. Some challenging hills and routes, with alternate shorter options or rides. Ride at leader's pace as a group, or follow cue sheets. No point-drop-sweep or SAG services. Daily luggage transport provided.

**Leader: Susan Rodetis**

This trip offers an amazing collection of vistas and experiences, taking in the California seacoast, Central Valley, San Francisco Bay, wine country, coastal ranges and the Sierra foothills. We'll start (and finish) in Sacramento; take a ferry across San Francisco Bay; cycle thru the city, then over Golden Gate Bridge; through Sausalito and Marin County; past Mount Tam, then north to famous Pacific coast vistas. We'll tour Point Reyes National Seashore, Tomales & Bodega Bays. We'll go over the coastal range into Sonoma and Napa valleys; back to Sacramento, then onto the Sierra foothills. The trip includes a wonderful annual century event newly routed in Calaveras County, famous for its jumping frogs. Along the way we'll see wildflowers, poppies, verdant hillsides, sea cliffs, whales, seals, elk and many breathtaking views.

**"Bicycling is a healthy and manly pursuit with much to recommend it, and unlike other foolish crazes, it has not died out."  
Daily Telegraph (England), 1877**

**"Life is like riding a bicycle. You don't fall off unless you plan to stop pedaling."  
Former US Senator Claude Pepper**

Scenes from the Lake Tahoe weeklong trip, Sept. 2006. Photos by Barry Hartglass



Scenes from the Vermont Century weekend trip, Aug. 2005. Photos by Sharon Behnke.



*Vineyards of the North Fork*  
**BIKE-BOAT-WINE-DINE**  
**June 2-June 3 (Saturday morning to Sunday evening)**

Trip No: BBWD  
 Deposit: \$150  
 Regular price: \$265  
 Early-bird discount price (Deadline May 2): \$239  
 Transportation: van or carpooling  
 Lodging: motel; double accommodations  
 Trip Rating: A/B/C  
 Mileage: Various, mostly flat but hillier on Shelter Island  
**Leaders: Sharon Behnke and Brian Hoberman**

Join us for a weekend on Long Island's serenely beautiful North Fork. Our trip features mostly flat biking, lush vineyards, scenic coastlines, a lighthouse or two, and an optional excursion to Shelter Island. On Saturday, we'll tour some of the area's finest wineries and sample their vintages. We'll lodge at the Mattituck Motel, a short walk from town and the beach, and we'll have an incomparable dinner experience at Connie's Café, a charming "touch of France," featuring cherry wood décor, homemade baked goods, and an herb garden out back. On Sunday, we'll join our friends at the Suffolk Bike Riders Association for their annual Bike-Boat-Bike Century (<http://www.sbrweb.org>), offering distances from 25-125 miles, rest stops, sag support, and ferries to Shelter Island for the longer routes.

*New Trip!*  
*Long Island and Connecticut combo*  
**SHORE TO SHORE**  
**June 23-June 24 (Saturday morning to Sunday evening)**

Trip No. STS  
 Deposit: \$100  
 Regular price: \$120  
 Early-bird discount price (Deadline May 23): \$108  
 Transportation: Train and ferry, partially self supported  
 Lodging: Dorm rooms  
 Mileage 65-75 miles/day  
 Trip rating A-B. Ability to maintain all-day pace of 17 mph on flats. Ability to follow cue sheet. No point-drop-sweep.  
**Leaders Dennis Griffin, Jonathan Friedman, Susan Rodetis**

Picture perfect views of the Long Island and Connecticut shores and the beauty of L.I. Sound are among the highlights of this unique

ride. Early Saturday, hop onto your LIRR station of choice to arrive at Smithtown at 9:15 AM, where this trip starts. We cycle along the North Fork, past farms and wineries, to the Orient Point ferry. The boat zips us across the Sound to New London, a historic whaling and seafaring community, now a scenic resort town. That night we'll sit down to a delectable shore-type dinner, and overnight at Connecticut College dorms. Sunday's bike ride skims the shoreline and ventures inland to a petite ferry crossing the Connecticut River. Trip ends at New Haven Metro North station approximately 5 PM. You must have rear and front lights, a lock, and cyclometer w/mileage metering. You will carry your own toothbrush, light toiletries, and overnight clothes. We provide bedding and towels. Trip runs even with rain as we'll have a fun alternative transport plan.

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**New Trip!**

*The beauty of New England*

**VERMONT AND LAKE CHAMPLAIN VALLEY**

**June 30-July 4 (Saturday morning to Wednesday evening)**

Trip No. VTC

Price: TBA (check [www.5bbc.org](http://www.5bbc.org))

Transportation: car pooling

Mileage: 35-65 per day, some days hilly, others mostly flat

Trip rating A-B-C

**Leaders: Susan Rodetis, Jim Zisfein**

Tour central and northern Vermont, based mostly out of Sugarbush Valley, with yummy and substantial catered dinners and breakfasts. We'll do loop routes in the river valleys, with 1 optional (and very doable) century ride. Lake Champlain valley and shoreline are another not-miss, for their fab views and the flattest cycling you'll ever find in VT. We'll wrap up our visit with the wonderful, wacky, creative, patriotic local 4th of July parade in Warren, one of the 10 top summer events in Vermont.

**New Trip!**

*Rail Trails and Country Roads*

**HARLEM VALLEY RAIL WEEKEND**

**July 28-29 (depart Saturday morning, return Sunday night)**

Trip No. HVRW

Deposit: \$100

Regular price: \$165

Early-bird discount price (Deadline June 28): \$149

Transportation: Metro-North Railroad and self-contained

Lodging: budget lodge (semi-private rooms & communal bath)

Trip rating: A/B

Mileage: flat-to-mountainous, 100 to 170 miles in 2 days

**Leaders: Jim Zisfein and Cesar Vasquez**

This self-contained 2-day trip features an escorted ride, a hike, a swim, and admission to one of New York's best bicycling events. Saturday morning we take the train from NYC to Wingdale for a 40-mile escorted bicycle ride on the acclaimed Harlem Valley Rail Trail. Saturday afternoon's activities include an escorted hike to beautiful Bash Bish Falls, an optional ride up a steep mountain road to a spectacular vantage point, a visit to a museum of the industrial history of the region, and a refreshing swim in a lake formed from an

abandoned iron mine. Dinner is served at the historic Taconic Wayside Inn. On Sunday we join Bike New York's Harlem Valley Rail Ride, a hugely popular and fully supported event with 30-100 mile options. Then it's a short spin back to the railroad station for the train home.

*Lancaster's Crown Jewel*

**COVERED BRIDGES RIDE**

**August 18-19 (Saturday morning to Sunday night)**

Trip No. CB

Deposit: \$150

Regular price: \$230

Early-bird discount price (Deadline July 18): \$207

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

**Leaders Sharon Behnke and tba**

Discover some of Pennsylvania's most famous rural scenery and best biking as we join 3,000 other riders in the annual Covered Bridge Metric Century. This major Northeast biking event, produced by the Lancaster Bicycle Club (<http://www.lancasterbicycleclub.org>), offers the choice of 62-, 31- and 15-mile routes, with a maximum of seven different historic covered bridges, followed by a post-ride party at a brook-side park. You'll get a free T-shirt for doing the ride and will be rewarded with a traditional Lancaster County smorgasbord dinner on Saturday night.

*Labor Day Special*

**CAPE ESCAPE**

**Aug. 31-Sept. 3 (Friday morning to Monday night)**

Trip No. CAPE

Deposit: \$150 Regular price: \$365

Early-bird discount price (Deadline July 31): \$329

Transportation: Van

Lodging: hostel, dorm rooms

Trip Rating: B/C

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

**Leaders: Clyde Eisman and Sharon Behnke**

Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is criss-crossed by gentle, immaculate rail trails,

Scenes from the Bear Mt. -- Harriman Park weekend trip, May 2006. Photos by Vernon Bailey



**"Gridlock" Sam Schwartz speaks at 5BBC General Meeting**



On Mon. Feb. 26, Sam Schwartz gave an interesting talk, "I Hate Traffic" at the 5BBC general meeting.

Mr. Schwartz (pictured above), was a NYC first deputy transportation commissioner for nearly 3 decades, emphasized the need to improve traffic conditions by congestion pricing, which has been successfully done in London, England.

This is a concept in which motor vehicles, esp. large trucks driving to certain bridges and roads, notably in Manhattan, be charged a toll.

Rates depend on specific times of the week, esp morning weekday rush hours. He proposed tolling the currently free East River bridges (Brooklyn, Manhattan, Williamsburg and Queensborough) to traffic. And have previously tolled Outer borough bridges (Verrazano, Throgs Neck, Henry Hudson, etc.) free.

A possible positive quality of life result would be less busy and crowded streets, less accidents involving vehicles and pedestrians plus cyclists safely riding the streets.

Read his NY Daily News columns and visit [www.gridlocksam.com](http://www.gridlocksam.com).

with occasional rolling hills, and our lodging in Eastham, Barnstable County, is located right near a brand new trail section. In nearby Provincetown, the dune trails are breathtaking. Whale watching, lighthouse climbing or maritime museum hopping are also good bets, or enjoy sunbathing at beach. The package includes all-you-can-eat pancake breakfasts, a 4-hour kayaking trip, and a home-cooked lobster dinner. It'll be a perfect es "cape" for first-timers and old-timers alike.

*Easiest 100 miles in the East*  
**SEA GULL CENTURY**  
**October 5-7 (Friday morning to Sunday evening)**

Trip No. SGC  
Deposit: \$150  
Regular price: \$425  
Early bird discount price (Deadline Sept. 5): \$383  
Transportation: Van  
Lodging: Motel, double accommodations  
Trip Rating: A/B/C  
Mileage: 65 miles or 100 miles, mostly flat

**Leaders: Steve Sakson and Wentworth Price**

This annual event is often rated the best century ride in the East, and the easiest! No wonder it attracts more than 6,000 riders every year. But, don't worry about crowds. The Seagull features only quiet country roads through the Chesapeake Bay's finest farmland. Sponsor Salisbury University offers top-notch support with plenty of rest stops loaded with goodies, including pie a la mode. By midday we'll reach Assateague Island State Park, where the wild ponies roam, and where you can take a dip in the ocean before heading back. Saturday night features a fun karaoke scene with the finest local talent, or perhaps an extreme bowling excursion featuring dayglow pins and blacklights. Sunday we'll take a shorter cool-down ride before heading home.



*New Trip!*

**Metro North Open House**  
**ENGINEERS and HOBOS**  
**Either October 12-14 or Oct 19-21**  
**(Friday morning to Sunday night)**  
(Exact weekend expected to be announced in August)

Trip No: EH  
Deposit: \$100  
Regular price: \$150  
Early-bird discount price (Deadline Sept. 12): \$135  
Transportation: Self contained  
Lodging: Tents  
Trip Rating: A/B 40 miles each way, varied terrain, relaxed pace  
**Leaders: Richard Sanford and Will Batista**

This self-contained ride is perfect for train lovers and hearty campers. It's centerpiece is Metro North's Open House at the Croton Harmon Rail Yard. On our first day we pedal along the Hudson River to Croton Point Park. We shop for food, pitch our tents, and enjoy dinner surrounded by trees bursting with fall colors. The next day we darn our engineer caps and check out the equipment and controls aboard the humongous Metro North locomotives. We'll eat out Saturday night and Sunday afternoon. You will carry your own tent, sleeping gear, wash kit, plate, bowl, cup, utensils, and rain gear. (Bird enthusiasts: Field guide and binoculars are a must.) Water will be available in campsite but showers may be turned off for the season.

**"I love the bicycle. I always have. I can think of no sincere, decent human being, male or female, young or old, saintly or sinful, who can resist the bicycle."**  
**William Saroyan**

## Summary of Weekend Trip Rules

- 1) To go on a weekend trip you must be a member of the Five Borough Bicycle Club.
- 2) Our rides come in several varieties. In some cases we take vans or carpools to locations within 6-hour drives, and ride through the locale. In others, we go self-contained, meaning you carry most or all of your overnight gear with you. On these trips, we either bike from a specific meeting place in the metro area, or take commuter trains to nearby starting points. On our longer trips, such as California Dreamin', you'll fly to a faraway city (air fare separate from our trip fee), then meet the group at a pre-set location.
- 3) You may sign up by mail, and pay using a check or money order, by using the form, page 22, in this newsletter, or by downloading a copy of the form from our Web site [www.5bbc.org](http://www.5bbc.org), and mailing it to the 5BBC, 891 Amsterdam Ave., New York, 10025. Or you can register online at [www.active.com](http://www.active.com), where registration fees apply. When registering by mail, you may enclose just a deposit (exact amount listed with each trip), but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration, more than 30 days prior to the trip. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip. When registering online a small fee applies, and you must pay the full amount up front.
- 4) Cancellations, or transfers between trips, are restricted by club rules, and subject to withholding costs based on non-refundable expenses incurred by the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip.
- 5) Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail [weekends@5bbc.org](mailto:weekends@5bbc.org)
- 6) Full recitation of weekend trip rules can be found on our Web site, [www.5bbc.org](http://www.5bbc.org)

## How to Buy A New Bike



**Thursday, March 8, 2007  
6:30PM-8:30PM**  
**Place:**  
**Hosteling International**  
**891 Amsterdam Ave.**  
**New York, NY**  
**Instructor: Rich Conroy**

Thinking about upgrading from that starter bike this year? Or diversifying your stable by adding something? Many newcomers to cycling get dazed by the sheer number of types, companies, names and pricetags on new bicycles and they wind up asking someone else, "what bike should I buy?"

This workshop will help guide you decision

-Learn about different frame materials and frame technology.

-Take a component tutorial.

-Get the basics on different bike designs and how they fit into your biking needs.

-Find out how to set your budget, pick a shop and find your bike.

-Know how to make sure your bike fits.

Fee: \$20 5BBC members, \$30 non members. **ADVANCED REGISTRATION REQUIRED.**

To register, fill out blank form on page 22 or visit:  
[www.5bbc.org/repair.shtml](http://www.5bbc.org/repair.shtml)

Beth Katz  
Bicycle Course  
[bikecourse@5bbc.org](mailto:bikecourse@5bbc.org)



### Musings of a Bicycletter Man

Welcome cyclists. Another season of riding is coming, as you can read in these pages of this humble issue. Thank Danny Lieberman with Day Trips for your two-wheeling ventures.

With the Montauk Century coming, it's a good opportunity to go on our training rides to prepare.

Let us also thank Steve Sakson for putting together a great slate of weekend trips. I dare say there's nearly no quality out of town cycling trips parallel to ours, anywhere in the Big Apple.

We live in interesting times. Although there are discouraging elements, we must not discourage ourselves to ride. Be safe, be alert, enjoy and watch out for your fellow cyclist.

Alfredo Garcia  
Editor  
Bicycletter



Ed Pino and Liz Baum

# 5BBC Leadership Training Class

## Sign up now!

Questions?  
Feel free to call your leadership coordinators  
Ed Pino, Liz Baum  
at (718) 487 4992  
or send e-mail to [leadership@5bbc.org](mailto:leadership@5bbc.org)  
Ed Pino and Liz Baum Leadership  
Coordinators



From the 5BBC Leadership Class Weekend trip, 2006.  
Photo by Danny Lieberman.

### The 5BBC Leadership Class course consists of:

Five Evening Classes,  
Wednesdays  
May 23, 30, June 6,  
13 and 20, at  
Hosteling  
International, 891  
Amsterdam Ave. at  
103rd St., Rm. 002,  
Manhattan. You can  
attend at least four.

Three Day Rides,  
Saturdays  
June 2, 10 and 16.  
You can ride at least  
two.

One Weekend Trip  
Friday Evening  
June 22 to Sunday  
June 24. **REQUIRED.**

**New leaders** bring new fresh ideas, new trips and new enthusiasm to our club. Leadership is one of the most important aspects of your club. This is what keeps us riding. We need more terrific people like you. Your love of cycling and leadership will bring us to your new roads, favorite places and areas of interest. Your style and personality with your new leadership skills will enable you to accomplish this goal. We want you to become a 5BBC leader. We are day riders, weekend warriors and everyday commuter cyclists.

If you take our course we'll give you training on how to organize and run both day and weekend trips. Map reading, ride planning and design, group dynamics and decision-making, leadership style, and bicycle equipment are all covered, as well as many other aspects that go into making you a bicycle leader.

The course is taught by Ed and Liz as well as active and experienced 5BBC leaders and combines classroom instruction with practical riding experience. You don't have to be an especially strong or fast rider or bicycle repair expert to take the course. That's not what the course is about--it's about leadership. It is strongly recommended that you be able to ride for the better part of a day and be comfortable riding with a group.

If you haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club rides take place.

Note: If you are not a member of the 5BBC and wish to take the class you must become a member prior to the weekend trip part of the course.

To Register:

Call Ed Pino / Liz Baum at (718) 487-4992, fill out the 5BBC order form on page 22 or email at [leadership@5bbc.org](mailto:leadership@5bbc.org).

A fee of \$15 will be collected at the first class.

There will be an additional fee of \$50 (collected during the course) for the weekend trip.

Scholarships are available.

## Hail Britannia! 23 Second Interview Arabelle Taggart



Danny Lieberman photo

### What you do for a living?.

I am a decorative pillow maker. I custom make pillows for interior designers and decorators. I have been making pillows for 17 years and my pillows grace high-end interiors, ships and planes throughout the USA, Europe and the Caribbean.

### How did you first found out about the 5BBC?

I was taking photos of the Harbor Seals spray showers public art at East River Park on October of 2005. It was a quiet fall day and this chap came over and struck up a conversation. He noticed my bike and mentioned that I should check out the 5BBC. I came home that night and found the website and joined. He used to ride a bike but discovered the fold up scooter and was riding around town on that. If he is reading this, thanks for the great tip about the 5BBC!



Harbor Seals spray showers, East River Park, Manhattan with the Williamsburg Bridge in the background. Photo by Arabelle Taggart.

### What do you like about the club?

I have seen parts of NYC and the boroughs that I never knew existed! It's been great biking through neighbourhoods I had heard about but wouldn't have ventured to on my own. Members have been incredibly encouraging of me and its been fun meeting people outside of my profession that share the same interest--biking! I am more of a tourist biker, I love soaking in the different neighbourhoods, architecture, scenery and love taking photos, so the friendly J rides are perfect for me. And the 5BBC really is the friendly bike club.

### Favorite bicycle?

My latest red Jamis Citizen with attachable basket and 21 gears is great for the city bumps and potholes. In comparison to the Brompton fold-up (my first bike here), Jamis is like riding a Rolls Royce. 21 gears sure have made a difference going up the hills on rides. But I am always looking to trade up!

### Favorite group ride?

Sandy Hook.

### Favorite solo ride?

Sandy Hook! Love that place!

### What does England have about cycling that New York doesn't have and/or vice versa?

I am still a bike novice. But when I met serious cyclists here, they are always eager to show me a part of the bike that was made in the UK...so I guess the Brits have a lot more than I would know about. Growing up in England, we used bikes as a form of transportation as I lived in a small village, until you could drive....biking was freedom! This last summer, visiting my parents, I was surprised that I was able to rent a bike for a week. The Grafham Water reservoir, down the road from us, now has a 13-mile bike path around it and they are really geared up for cyclists. Apparently, it attracts cyclists from miles away.

Bike New York offers **"Savvy Cyclist"** one-day courses for adults and mature young people to improve or refresh their cycling skills. The classes are FREE, but you must register.

2007 dates: 3/24, 4/14, 5/12, 6/9, 7/7, 8/4, 9/8 and 10/13.

For more details visit [www.bikenewyork.org](http://www.bikenewyork.org)

Times Up!  
Memorial Ride  
Sunday, Jan. 7, 2007





### Cycling Advice from Velocio

Paul de Vivie, aka "Velocio," was a French touring cyclist born in 1853 and lived for 77 years. He rode far and hard. "Velocio" was the combination of the words "bicycle" and "fast" in French.

He had a set of time honored commandments for riding, whether it was short or long distance. You can apply this for riding the 2007 cycling events:

1) Eat lightly and frequently. Eat before you get hungry and drink before you get thirsty.

2) Never push on if your fatigue negatively effects your appetite or ability to sleep.

3) Cover up before you get cold and strip before you get hot. Do not fear the fresh air, sun or wind.



-ADVENTURE CYCLING

## Editor's Choice--Interesting Cycling Events and Shows 2007

3rd North American Hand Made Bicycle Show  
March 2-4, 2007  
San Jose, California

[www.handmadebicycleshow.com](http://www.handmadebicycleshow.com)  
Bike frame makers and their hand built two wheeled creations from around the country plus Canada, Germany and Italy will be on display. Seminars will be offered. Manufacturers that make the tools the builders use will also be there.

30th Cape Argus Pick 'n' Pay Cycle Tour  
Sunday March 11, 2007  
Cape Town, South Africa  
[www.cycletour.co.za](http://www.cycletour.co.za)

Largest international timed bike race, closed to traffic, attracting 35,000 racing and touring cyclists. 110,000 liters of Cola Coca and 65,000 bananas offered along the breathtaking and grueling 109 kilometer route, with over 1,500 volunteers.

22nd Tour de Sewer  
Bell Gardens, California  
March 17, 2007  
[www.bellgardenslions.com](http://www.bellgardenslions.com)

Uniquely named event, with routes of 15, 30, and 62 miles.

Underground Railroad Tour  
Mobile, Alabama to Ontario, Canada  
April 14-May 31, 2007  
[www.adventurecycling.org](http://www.adventurecycling.org)

2,100 miles unsupported journey surveying the historic escape route of antebellum African American slaves to freedom. Limited to 14 cyclists.

Rosarito Ensenada 50 Mile Fun Ride  
Baja California, Mexico  
Saturday, April 21, 2007  
[www.rosaritoensenada.com](http://www.rosaritoensenada.com)

Quaint ride along Mexico's Pacific Coast, starting a few miles from San Diego, CA. Held twice a year. Next ride September 29, 2007.

9th Tour of the Fireflies  
Sunday April 22, 2007  
Pasig City, Philippines  
[www.fireflybrigade.org](http://www.fireflybrigade.org)

Ride 50 kilometers around the Metro Manila area, nearly similar in spirit to Bike NY's Five Borough Bike Tour, closed to traffic.

Haleiwa Metric Century  
Sunday April 29, 2007  
Oahu, Hawaii  
[www.hbl.org](http://www.hbl.org)  
Supported tour on Oahu's North Shore, from Haleiwa, Sunset Beach, Swanzey Beach and back, in the Aloha State.

PEPY Ride School Volunteer Trip  
Cambodia  
April 28-May 5, 2007  
[www.pepyride.org](http://www.pepyride.org)  
Ride with PEPY (Protect the Earth, Protect Yourself) organization to Cambodia, to help with a building project of a PEPY school in the countryside. Limited to 6-15 people.

Arava Institute & Hazon Israel Ride  
Jerusalem, Israel  
May 1-8, 2007  
[www.arava.kintera.org/faf/home/default.asp?ievent=186490](http://www.arava.kintera.org/faf/home/default.asp?ievent=186490)  
Week-long, three hundred mile trek of Israel, from Jerusalem to Eilat. There will two groups: Tzofim (scouts) and Chalutzim (pioneers) for stronger cyclists. Riders must raise money for charity.

Why I Ride  
The Art of Bicycling in New York  
May 3-June 3, 2007  
New York, NY  
[www.whyridenyc.org](http://www.whyridenyc.org)  
Cycling in the Big Apple becomes art, expressed with words, pictures, film, paintings, drawings and sculptures in this groundbreaking exhibit. A bike tour will be included.

30th Five Boro Bike Tour  
New York, NY  
Sunday May 6, 2007  
[www.bikenewyork.org](http://www.bikenewyork.org)  
Largest bike tour of these United States, attracting over 30,000 cyclists. Go through each borough—Manhattan, the Bronx, Queens, Brooklyn and Staten Island.

43rd 5BBC Montauk Century  
May 20, 2007  
Various New York starts: Manhattan, Babylon, Mastic Shirley  
[www.5bbc.org](http://www.5bbc.org)  
Perennial first century for most of us in the Spring. Routes of 63-140 miles

3rd Tour de Brooklyn  
June 3, 2007  
Brooklyn, New York  
[www.tourdebrooklyn.org](http://www.tourdebrooklyn.org)  
Free tour to the Borough of Churches



**9th Cirque du Cyclisme**  
June 8-10, 2007  
Greensboro, North Carolina  
[www.classicrendezvous.com/cirque.htm](http://www.classicrendezvous.com/cirque.htm)  
Bike rally for those who love retro, vintage and classic bicycles, with rides, seminars, flea markets and charity auctions.

**London to Brighton Bike Ride**  
London, England  
Sunday June 17, 2007  
[www.cyclerides.co.uk](http://www.cyclerides.co.uk)  
Popular 54-mile British mass bike event limited to 27,000 riders.

**20th Tour du Canada**  
Vancouver, Canada  
June 22-September 2, 2007  
[www.tourducanada.com](http://www.tourducanada.com)  
4,660 mile trek across the vast country, between Vancouver and St. John's. Cyclists average 80 miles daily, for 58 days, with 12 rest days.

**Cycling the Erie Canal**  
Buffalo, New York  
July 8-15, 2007  
[www.ptny.org/canaltour/index.shtml](http://www.ptny.org/canaltour/index.shtml)  
Ride 400 miles in eight days along the historical and scenic Erie Canal

**35th RAGBRAI**  
Rock Rapids, Iowa  
July 22-28, 2007  
[www.ragbrai.org](http://www.ragbrai.org)  
Perennial weeklong ride across Iowa. Several 5BBC members have gone and returned with great memories. Lance Armstrong and his Team Livestrong group will be there.

**Paris Brest Paris**  
August 20-24, 2007  
Paris, France  
[www.rusa.org](http://www.rusa.org)  
Held every four years, you have 90 hours to complete a nearly 800 mile ride on your own power. Must qualify by finishing a series of brevets beforehand. It's a great challenge.

**18th Transportation Alternatives  
NYC Century Tour**  
September 9, 2007  
New York, NY  
[www.transalt.org](http://www.transalt.org)  
Ride one of the few urban asphalt century rides in the country.--the TA Century.

**Escape New York**  
October 2007  
New York, NY  
[www.nycc.org](http://www.nycc.org)  
50-62-100 mile routes through Bergen & Rockland Counties. Date to be determined

**Tour De Bronx**  
October 21, 2007  
Bronx, New York  
[www.tourdebronx.org](http://www.tourdebronx.org)  
Largest free bike event in New York City. Ride 25 or 40 mile route. Free food at NY Botanical Garden finish.

**Around the Bay in a Day**  
Melbourne, Australia  
Sunday October 21, 2007  
[www.bv.com.au](http://www.bv.com.au)  
Tough 210 km ride in Melbourne, on a bridge, freeway and a lane closed to traffic. Attracts over 2,000 cyclists, open to all

**La Ruta de los Conquistadores**  
Costa Rica  
November 14-17, 2007  
[www.adventureace.com](http://www.adventureace.com)  
Considered one of the toughest athletic endeavors. 215-mile mountain bike race based on the route of the Spanish Conquistadors, from the Pacific to the Caribbean, over four days. Limited to 650 cyclists, open to all.

**Lake Taupo Cycle Challenge**  
November 24, 2007  
Taupo, New Zealand  
[www.cyclechallenge.org.nz](http://www.cyclechallenge.org.nz)  
New Zealand's largest bike race around Lake Taupo, attracting 10,000 cyclists of all abilities. Routes of 160-500 kilometers.

**Too Bad We Missed It:  
4th Frozen Snot Century**  
Chicago, Illinois  
February 23-25, 2007  
You can't make this up. Free unsupported, ride-at-your-own-pace-and-risk 100 miler in three days from Milwaukee, Wisconsin to Chicago, Illinois, various start points. Optional Madison, Wisconsin segment. Email John Greenfield for next year's details: [greenfieldjohn@hotmail.com](mailto:greenfieldjohn@hotmail.com)



#### Cycling Advice from Velocio, continued

4. Avoid alcohol, meat and tobacco while on road.
5. Keep rest stops few and short to keep from cooling off too much.
6. Don't push too hard when you're fresh. You'll pay later.
7. Never pedal to show off.

#### Bike Switzerland – Summer 2007

Come bike across  
Switzerland this 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?

Email:  
[John@BikeSwitzerland.com](mailto:John@BikeSwitzerland.com).

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

Thanks,  
John Klemme  
Bike Switzerland

On Sunday, May 6, 2007, Let's ride the 30th edition of the Great Five Boro Bike Tour!



Many of us in the Five Borough Bicycle Club have fun with Bike New York, the Montauk Century and the TA Century. We ride them and even volunteer to help others to have both a good and safe time riding. How about you?

The Great Five Boro Bike Tour offers you a chance to ride your bike to every borough- Manhattan, The Bronx, Queens, Brooklyn and Staten Island in one day, traffic free..

For more details, check out the marvelous Bike NY website at: [www.bikecity.org](http://www.bikecity.org)

**NYC Century Bike Tour, Sun. Sept. 9, 2007**



**It's a big city, see it all...**

Transportation Alternatives' 18th Annual  
**NYC Century Bike Tour**  
Sunday, September 9th, 2007

**NYCCENTURY.ORG**

15-, 35-, 55-, 75- and 100-mile routes

The Transportation Alternatives TA Century is one of the unique 100 mile rides that's ridden entirely within an urban city like the Big Apple. Challenge yourself as well as appreciating the beauty of New York, from Central Park, the Brooklyn Bridge, Jamaica Bay, Astoria, Van Cortlandt Park and back to Central Park.

Bike NY photo provided by Hannah Borgeson.  
TA Century postcard provided by Dani Simons.

# The 2007 Montauk Century

**5BBC**  
Five Borough Bicycle Club

Three Distances  
• 145 miles • 100 miles • 65 miles

**2007**  
**Montauk Century**

Two Start Lines: Manhattan • Babylon, LI

Sunday **May 20 2007**

**5BBC**  
FIVE BOROUGH BICYCLE CLUB

To Register, go to  
**active.com**  
Discover. Register. Participate!

## The Tradition Continues!

For 43 years, May has meant the Montauk Century ride--one of the flattest rides in the Northeast. Remember, the only way to register for the Montauk Century is going online through **Active.Com**

**P.S.** Being a volunteer for the Montauk Century 2007 is great! You ride for free, get lots of great stuff and we'll pay for your next 5BBC membership!

**P.S.S.** Optional tie-in weekend trip available.

Montauk artwork created by Martial Henrys with assistance from Peter Engel



## Interesting Thoughts on Cycling

“When I was a kid, I used to pray every night for a new bicycle. Then I realised that the Lord doesn’t work that way. So I stole one and asked Him to forgive me.”

**Comedian Emo Philips**

“The bicycle is a curious vehicle. It’s passenger is it’s engine.”

**John Howard**

“Life is like a ten speed bicycle. Most of us have gears we never use.”

**Charles M. Schulz**

“The world is my church, the wind in my ears is the choir and my handlebars are the altar I pray at.”

**ZCubed**

“Toleration is the greatest gift of the mind. It requires the same effort at the brain that it takes to balance oneself on a bicycle.”

**Helen Keller**

“Cats don’t like riding on a bicycle. .no matter how much duct tape you use.”

**Anonymous**

## Your “To Go” Bicyclist / I.D. Kit by Susan Rodetis

A recent bicycling accident caused me to review and augment what I normally carry when cycling. I think my fellow cyclists will find it helpful, as well. It’s always good (and easy) to be prepared; as in – “what would you need if (heavens forbid) you were down, or solo, or unconscious?”

The good news is that is a compact list of mostly paper items, easily collapsible into a sealing plastic bag (express the air so it lays flat and doesn’t take up much space) and carried in a secure pocket on my person (NOT on the bike; you could get separated from the bike in a fall, or via theft). I’ve also made sets of this kit for different bikes; ready “to go” at a moment’s notice:

[Further NOTE: Other bicycle-support items, such as spare tube(s), patch kit, etc., are beyond my present focus.]

Government photo ID – color copy of my NYS drivers license

Health insurance card – with pertinent carrier info, group/ID numbers, phone inquiry #

Blood type card or med alert info – especially helpful if “time is of the essence” in a medical situation

Emergency contact info – legible list of several names/number, prioritized as to which first (business cards can also work for convenient contact info)

“ICE” contact numbers on cell phone – there’s a growing initiative to have an “ICE” (in case of emergency) acronym in front of key people (better to have more than 1) in cell phone rosters; many rescue workers are trained to look for such. Multiple listings should be ICE1, ICE2, etc.

Any emergency meds, inhalers, bee sting kit, etc. – what’s important to you?  
2 doses NSAIDs, 1 antihistamine – my personal choices. I carry them wrapped in aluminum foil inside my tube patch kit (protects from getting loose, dirty or squished)

Cash – enough for what I estimate would be a medium-sized bike repair PLUS to get home via any reasonable combo of [taxi + public transit]. Cab cost takes into account possibly higher \$ of being deep in a rural area. Enough currency in different denominations (20s, 10s, 5s, 1s) to make change and have what’s needed for purchases, sharing costs, etc. A few coins for public phones or to make “exact change” sometimes needed for transport or vending machines.

Major credit and/or bank card – VISA or MasterCard (merchants, particularly in smaller shops or towns, tend to use these rather than AMEX which charges them more). A bank card to draw cash from reasonably any ATM (OK, those high fees once only don’t hurt as much as not having \$\$ when you want).

Phone credit card number/phone card – cell phones don’t work well in the hinterlands; these can help get a call through a private or public phone.

Business card or home contact info – convenient for handing out your contact info if needed to be copied, or if future contact necessary

Pen for writing info – plus something to write on

House or minimal key(s) needed – shed all extraneous keys

MTA bike permit – color copy. I tend to lose these; it’s handy to have back-up copies (rather than run to Window 27/GCT or re-order via mail)

NYC MetroCard – loaded with 4-5 fares (ya never know when you and friends may dash for the subway!)

I thank my sister Joan Buddecke, who’s been a trauma nurse and run triage desks, for helping review and clarify this list.

I also welcome suggestions –  
srodetis@earthlink.net

## A Letter from David Schloss, President, Rockland Bicycle Club

I just wanted to give you some advanced heads-up so you can pass some info along to your club. I've been in a series of meetings with the mayoralty and police departments representing the (Hudson Valley) river villages up the route from Piermont to Nyack (and will be meeting with more shortly).

The primary goal of our meeting was to talk about increased activity for jointly-funded bicycling programs (which is going well, but slowly) but extended into a conversation about bike safety and traffic issues.

While we both know that club-run rides in general are safer than your average bike ride, and are more likely to have members obey traffic regulations, the local towns are furious at the (mostly) non resident non-club members who pass through the area breaking all manner of laws. They're so upset that many of the towns are talking about banning cyclists on the roads. They also know that it's not the local clubs that are breaking the laws, but are asking us to help.

We've let the towns know that a lot of the responsibility for the infractions comes from the fact that as long as cyclists have been coming to the area, there has been a history of terribly poor signage regarding things like the single-file laws in the river villages, sporadically and incorrectly enforced.

So we're going to be working with the local police departments to try and help develop a two-pronged education and enforcement approach.

Beginning this spring, cyclists in the area can expect to see stepped up programs to let cyclists know the laws in the area and to enforce them. In order for this to be effective, we really need everyone who can disseminate this to do so.

There's nothing less at stake than the future assured rights to continue to use a major cycling corridor in the region.

Here are the major issues that residents bring up over and over with regard to cyclists who pass through the region, and the areas that will see the most enforcement.

**Single-file riding:** Piermont, South Nyack and Grandview have single-file laws that are more stringent than state motor vehicle code. The easy version is that cyclists must ride single file. Even without this rule though, NY motor vehicle code requires single file riding if riding two-abreast would impede the flow of traffic, as is clearly the case on Piermont Avenue. This is a huge issue as groups of four abreast, several deep, cyclists often proceed down the corridor.

**Stop signs and stoplights:** Cyclists in the region regularly run the stop signs and stop lights in the towns. Groups leaving Runcible Spoon regularly run the light at the corner of Main and Broadway. This is dangerous and illegal and it's a huge concern of the town governments.

**Helmets:** New York State requires helmets for all minors but Rockland requires all cyclists to wear helmets. Courtesy: Obviously, this one is not a law of any kind, but is a common-sense issue. We, and the towns, receive lots of complaints about cyclists gathered outside local establishments that fail to move when pedestrians pass through the groups. Much of the issue here is the lack of good bench-type seating in the towns, but the feedback we get is that cyclists are "rude" and won't even move for a baby carriage. I have never seen this personally but this story gets back to me a lot.

Likewise we're often confronted by stories from motorists who have just encountered a group of cyclists and were cursed at by the cyclists. Usually the motorist doesn't realize that they've just endangered the lives of the group of cyclist going by, but often the cyclists don't realize they were doing something wrong: to put the motor vehicle operator in that position. Just as cyclists don't like being yelled at by passing motorists, drivers don't like to be yelled at by cyclists.

Please pass along the word to your members that small changes in behavior can go a long way to helping. We're engaged in some really interesting discussions with the local towns about implementing some massive changes to improve the cycling infrastructure, but that's all balancing on the behavior of cyclists and motorists as they interact locally.

Thanks!

## NYPD to Bicyclists --50 is Too Many

The New York Police Department (NYPD) amended City rules on Jan. 26, 2007, to describe any "recognizable group" of 50 or more pedestrians, bicyclists, vehicles or other gatherings on a public street or roadway as a "parade."

This means the police could arrest people in those groups for parading without a permit, even if they are obeying all traffic regulations.

The new rules took effect on Feb. 25.

Although these rules appear to be targeting the monthly Critical Mass rides, they also affect the 5BBC's day trips program. The 5BBC Executive Board remains opposed to the NYPD's overreaching regulations, which we believe violate the civil liberties of all New Yorkers.

If you have not already contacted your City Council member, please do so **NOW** and ask them to support the Assemble for Rights NYC First Amendment Act (please visit <http://a4myc.org>), which would protect free speech while preserving public safety. Adapted from current 5BBC website news.

PS On Feb. 25, President Ed DeFreitas got a parade permit for his Frostbite Ride. NYPD stood by and didn't check for the permit as the ride attracted 25 people.



**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 SBBC Membership

Next, a few questions on your personal preferences. The SBBC 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 SBBC roster.
- \_\_\_\_\_ Do not list email address in the SBBC roster.
- \_\_\_\_\_ Do not list phone numbers in the SBBC roster.
- \_\_\_\_\_ Do not share name, address, etc. with other bike clubs or cycling organizations.
- \_\_\_\_\_ Do not send weekly email on current SBBC rides and events.
- \_\_\_\_\_ Do not send newsletter by snail mail. I'll download it faster from the *Member's Only* page on the SBBC web site ([www.sbbc.org](http://www.sbbc.org)) and save a small tree or sapling.

**Waiver and Release of Claims**  
 Required for SBBC 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**

**SBBC 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 of Class**  
 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.....\$ \_\_\_\_\_

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

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

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

# 5BBC 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 5BBC leader Kent Mark and 5BBC Member-at-Large Leila Rinehart for expanding this list for 5BBC members like you.

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](http://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](http://www.bfold.com)

**Bicycle Habitat**  
244 Lafayette Street  
New York NY 10012  
212-431-3315

**Bicycle Renaissance**  
430 Columbus Avenue  
(81st Street)  
New York NY 10024  
212-724-2350

**Champion Bicycles**  
896 Amsterdam Avenue (103/104 St)  
New York NY 10024  
212-662-2690

**Chelsea Bikes**  
156 West 26th Street (7th Av)  
New York NY 10001 646-230-7715

**City Bicycles**  
315 W 38 St  
NY, NY 10018  
212-563-3373  
[www.city-bicycle.com](http://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. (b/t 79 & 80 St.)  
New York, NY 10021  
(212) 794-2929

**Bill's Ozone Park Bicycles**  
108-11 Liberty Avenue  
South Richmond Hill NY 11419  
718-641-1880

## **South Shore Bicycle & Fitness**

1067 Broadway  
Woodmere, NY 11598  
516-374-0606

**Valley Stream Bicycle**  
95 E. Merrick Road  
Valley Stream, New York 11580  
516-825-8181  
[www.valleystreambicycle.com](http://www.valleystreambicycle.com)

**Visentin Bike Pro Shop**  
51 Pine Hollow Road, Rte. 106  
Oyster Bay NY 11771  
516-922-2150

## Westchester

**Bicycles Unlimited**  
141 East Main Street  
Elmsford NY 10523  
914-592-7979

**Pelham Bicycle Center**  
109 Wolfs Lane  
Pelham, NY 10803  
914-758-3338

**Sierra Cycles**  
46 Garth Road  
Scarsdale, NY 10583  
914-725-8333

## Connecticut

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

**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

**Strictly Bicycles**  
507 Main Street  
Fort Lee, NJ 07024  
(201) 944-7074  
[www.strictlybicycles.com](http://www.strictlybicycles.com)



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

**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 11633  
718-225-5119

**Spin City Cycle**  
110-50 Queens Blvd  
Forest Hills, NY 11375  
718-793-8850  
[www.spincitycycle.com](http://www.spincitycycle.com)

**Spokesman Cycles**  
49-04 Vernon Blvd.  
Long Island City, NY 11101  
718-433-0450  
[www.spokesmancycles.com](http://www.spokesmancycles.com)

## Long Island

**The Bicycle Planet**  
540 Jericho Turnpike  
Syosset NY 11791 516-364-4434

**Bike Discounters**  
2503 Middle Country Road  
Centereach NY 11720  
631-471-3230

**Bike Discounters**  
287 Portion Road  
Ronkonkoma NY 11779  
631-737-9282

**Brands Cycle Center**  
1966 Wantagh Avenue  
Wantagh NY 11793  
516-781-6100

**Carl Hart Bicycles**  
620 Middle Country Road  
Middle Island NY 11953  
631-924-5850

**Sayville Bike Works**  
75 Main Street  
West Sayville NY 11796  
631-589-0009



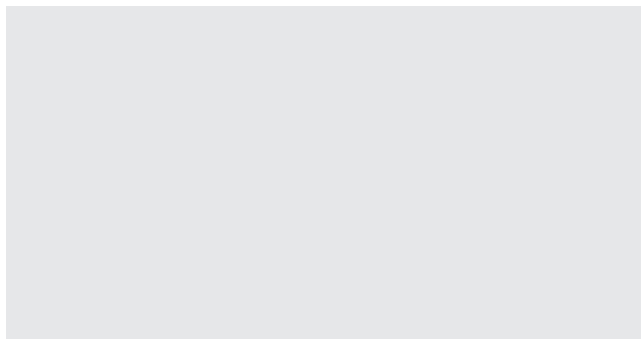
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John Chiarella



## About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non competitive bicycling.

The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events.

General Meetings are open to the public and usually held monthly. Please check the Bicycletter and the website [www.5BBC.org](http://www.5BBC.org) for exact dates and locations. You can also contact the Programs Coordinator at [Programs@5BBC.org](mailto:Programs@5BBC.org).

Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

Bicycle club membership is \$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

email [newsletter@5BBC.org](mailto: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 May June 2007 issue is:

Monday, 2 April 2007.

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Assistant Editor: Brian Hoberman

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## 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](mailto:Info@5BBC.org)  
For Bike New York, call directly:  
(212) 932-BIKE .

[www.5bbc.org](http://www.5bbc.org)