

B I C Y C L E € € R

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

May-June 2007

Volume 17 Issue 3



John Chiarella photo

The 5BBC Leadership Training Class

"New Leaders bring fresh new ideas, new trips and new enthusiasm to our club. This is what keeps us riding."

More details on page 14
We want you to become a 5BBC leader.

INSIDE

Helmets	2
Day Tripper	3
Day Rides	3
Weekend Trips	8
5BBC Bike Case	12
Susan McCarthy	13
NYC Bike Maps	13
Lithuanian for Cyclists	13
Leadership Class.....	14
Cycling is Good for you	16
Cause of Death-Apathy	16
5BBC Sues NYPD	17
5BBC Form	18
Why I Ride	20
5BBC Montauk Century	21
Bike To Shea	21
Tour de Brooklyn	21
5BBC Bike Shop List	23



New York Waterway
www.nywaterway.com

May / June General Meetings Presented by Barry Hartglass, 5BBC Programs Coordinator



Thursday May 10 A PRELUDE TO MONTAUK

6:00-8:30pm
Hosteling International 891 Amsterdam Ave.,
New York, NY. #1 train 103rd St. (Broadway)

Are you riding the Montauk Century on May 20? (And if not, see page 21.) Make the most of your ride by attending our Montauk Century informational meeting.

This meeting is for new and returning riders and is open to the general public.

Debbie Friedman, route marker extraordinaire, will be on hand to give a basic route review

Experienced Montauk centurions will be on hand to review the relatively flat and easy route of the Montauk Century. They will offer coaching tips to help you accomplish your mission, be it 65, 100, or 145 miles. Tod Moore, 5BBC's bicycle touring pro, will present a video on effective group event riding.

We will serve a sampling of our "award winning" Montauk Century rest stop snacks. We've also arranged for a wine tasting with locally produced Long Island wines. Parts of the Montauk Century route are similar in scenery, terrain, climate, and soil to regions in France and the Napa Valley.



Lynette Chiang photo

Monday June 11 NAVIGATION BY FERRY AND BY FOLDING BIKE: 6:30-8:30pm Hosteling International 891 Amsterdam Ave., New York, NY. #1 train 103rd St. (Broadway)

Peggy Boyce, Community Relations Manager for NY Waterway, will discuss NY Waterway's premier and (bicycle-friendly!) ferry service, its expanding routes as well as its history.

Lynette Chiang, will tell us about Bike Friday, which makes folding road and touring bikes that rivals full-size ones. And great commuter bikes. These bikes fit under your desk at work, inside airline baggage compartments, on train overhead racks, even in a New York City apartment! Lynette is also a travel writer, videographer, and accomplished cyclist who travels the world on her Bike Friday. She has cycled in Peru at 16,000 feet! Lynette will also feature a video of her recent adventure on the famed Route 66 from Santa Monica, CA to Chicago.

Bike Friday, with David Lam of B-Fold, will offer discounts on bikes purchased during this meeting. Plus, Lynette will give door prizes of her books and videos.



B Fold bike shop www.bfold.com



Mr. President

5BBC Executive Board 2007

Ed DeFreitas
President

president@5bbc.org

Andrea Mercado
Vice President

vicepresident@5bbc.org

Ira Najowitz / John Chiarella
Recording Secretary

recordingsecy@5bbc.org

Brian Hoberman

Corresponding Secretary

corresponding@5bbc.org

Bob Castro / Phil Goldberg

Treasurer

treasurer@5bbc.org

Danny Lieberman

Day Trips

daytrips@5bbc.org

Steve Sakson

Weekend Trips

weekends@5bbc.org

Alfredo Garcia

Bicycletter

newsletter@5bbc.org

Ed Pino / Liz Baum

Leadership

leadership@5bbc.org

Jesse Brown

Special Events

special-events@5bbc.org

Barry Hartglass

Programs

programs@5bbc.org

Beth Katz

Bicycle Course

bikecourse@5bbc.org

Ted M. Kushner

Communications

communications@5bbc.org

Jim Zisfein

Webmaster / Member-At-Large

webmaster@5bbc.org

Sharon Behnke, Maria Cummings, Peter Engel, Ed Ravin, Leila Rinehart, Pamela Sheridan & Rhonda Wittorf

Members-At-Large

info@5bbc.org

☺ ☺ Don't Worry, Be Happy ☺ ☺

Looking to get into or return to cycling? It's not too late. 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—adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC or Snell. Ride smart, and have an adventurous spirit.

About Day Trips

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

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

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

Participants under age 18

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

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

Bicycle Helmet Standards

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



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

standards for helmets, especially for bicycling.

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

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

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

For more information, visit the Bicycle Helmet Safety Institute, www.bhsi.org.

Day Tripper

Friends, Spring has finally arrived. And I'm thrilled to see so many more people riding their bikes around the city. Now that the frost has disappeared, the flowers are in bloom, the city is alive with the excitement and anticipation of what will be a great cycling season. New and old members alike have come out for our early Montauk Century Training Rides, so I know that our club's big event in late May will turn out wonderfully.

Bike Rides are Not Parades! As you may have heard, the 5BBC has been busy this year. As it happens, the club has joined a legal action against the New York Police Department. In order to rescind the despicable "parade rule" that was unveiled late last year and made effective in February. Those rules, aimed at the monthly Critical Mass rides, classifies any group of 50 vehicles, pedestrians and bicyclists as a "parade" and requires a permit to be issued by the NYPD. For many reasons, not least of which is freedom of speech and association, we expect to get the rules overturned in Federal court. Until the rules are overturned, the club has adopted measures to ensure that our day rides are lawful and do not create problems with the police. Stay tuned for more about the parade rule and check www.5bbc.org/parade for updates.

Bike Month Once again, the Five Borough Bicycle Club is joining in Bike Month, organized by Transportation Alternatives. We list some of our May rides on the calendar, which has grown to over 150 events. This helps bring new faces to our club events, but also helps our members learn about other, worthwhile cycling and environmental organizations. Look for the Bike Month printed calendars at bike shops and at the Commerce Bank Five Boro Bike Tour, and visit the online version at www.bikemonthnyc.org

New Ride Programs this Summer I'm working hard to bring more new and interesting rides into the club's calendar and portfolio, because our members deserve the best. It's not enough to repeat the same dull rides, but try to innovate and improve. Look for some of the newer rides listed in this newsletter, and also in the July/August Bicycletter. We will have more rides that will focus on greenways and green spaces as well as historical and architectural trips. You will also see more longer distance rides around the metropolitan and surrounding areas. Got a question or suggestion? Drop me a line at daytrips@5bbc.org.
Danny Lieberman
Day Trips Coordinator



John Chiarella photo

Day Trips May-June 2007

Wednesday, May 2nd (rain date May 9th)

MANHATTAN EVENING RIDE 6:30PM, NW corner of 5th Ave & E 60th St, 18 miles

In celebration of Bike Month NYC, join us for the annual fun leisurely evening ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Pathway to Battery Park, through South Street Seaport and up the East Side and back to the Plaza. Bring pocket food, a good working bicycle with your tires inflated to the appropriate psi, a bicycle pump, one spare inner tube, water to drink, a helmet (and wear it), and a smile. You must also have front and rear lights. Rain at the start cancels the ride. Colisted with NYCC and The Weekday Cyclists in NYC. Leaders: Trudy Hutter, TBD.

Saturday May 5th

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

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. Bring snacks for the trip, and plenty of water so you don't get leg cramps. Warning: not for beginners. No Point Drop Sweep. Leaders: Dennis Griffin and Ira Najowitz.



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/

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

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

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

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

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

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

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

Meeting Places for Day Trips and General Meetings

Note: W subway runs on weekdays only

5th Ave., 60th St.

NW corner Manhattan.
Subways: N, R, W to Fifth Ave.; 4, 5, 6, B, D, E, F nearby

AYH (a.k.a "The Hostel")

Hostelling International/
American Youth Hostels,
Amsterdam Avenue at 103th Street, Manhattan. Subways: 1 to 103th Street, 2 3 to 96 Street.

Bridgemarket Plaza

Manhattan. On the Northeast corner of East 60th St and First Ave, faces across the avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59th Street, N R W (W weekdays only) to Lexington Avenue

Chelsea Piers

West 22nd Street at West Street, Manhattan, by the Greenway path. Subways: C E to 23th Street, Eighth Ave.

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 59th Street, Manhattan, fountain at northeast corner. Subways: A B C D 1 to 59th Street.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F train: left on Midland Parkway, left on 188th Street, right on Union Trnpike to parking lot at 196th Place.

Sunday May 6th



NO DAY TRIPS TODAY
COMMERCE BANK
FIVE BORO BIKE TOUR!

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! North Shore scenery 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.

☺ **VAMOS AL BARRIO – SPANISH LANGUAGE IMMERSION RIDE**
10:30AM Grand Army Plaza,
Prospect Park Brooklyn, 25 miles

Hola amigos. This all-Spanish language learning ride is for you to impress your professor, your significant other, or the guy in the bodega who thinks you don't know your platanos from your gandules. Join us for this language immersion ride to Spanish Harlem. Just remember, you must pledge to speak the most Spanish you can, even if it is one word (we'll help you be creative). Lunch at a Puerto Rican Restaurant. Bring lock, lunch money and plenty of "curiosidad." Rain at start cancels. Leaders: Richard Sanford and William Batista.

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 Rhonda Wittorf.

OFF-ROAD VISTAS: THE OLD PUT AND THE OLD CROTON AQUEDUCT
9AM, Van Cortlandt Park, 40 miles – OFF ROAD

Ride up the Old Putnam Railroad trail to Tarrytown and then back along the Old Croton Aqueduct. This is an off-road trip – mountain and hybrids only! The terrain is rough but not terribly hilly. Bring or buy lunch. Leaders: Ed DeFreitas and Jesse Brown.

Saturday May 19th

☺ **HUDSON RIVER CULTURE TOUR**
10AM, AYH, 25 miles

There are mansions and art exhibits galore on the banks of the Hudson River. We might see some avant-garde art in a garden setting at Wave Hill in the Bronx, some straight-up history in Philipse Manor Hall in Yonkers, or a Victorian mansion with all the trimmings at the Hudson River Museum in Yonkers. And there will be no shortage of scenery in between, as we'll be riding close to the river whenever possible. Bring or buy lunch, and bring \$8 for museum admissions. Gently rolling terrain with a few steep hills. Leaders Ed Ravin and others.

Sunday May 20th

NO DAYTRIPS TODAY
5BBC MONTAUK CENTURY!



Saturday May 26th

BRIDGES OF NEW YORK
6AM, Chelsea Piers (12th Ave & W 22nd St), 60+ miles

What are we gonna do now? Bike 23+ bridges in all five boroughs in a day. We'll get at those bridges on flat, some busy & some hilly urban roads. Rivers, greenways, diverse neighborhoods included. Required: endurance and NYC cycling map. Lunch at 45-mile mark. BRING FOOD. Co-listed: NYCC and TA's Bike Month. Ride leaves 6:23am promptly. Leaders: Alfredo Garcia, Jesse Brown, Robert Brown, Maria Cummings, and Wally Stuck.

Sunday May 27th

CUSTER'S LAST BIKE RIDE **9AM, Bridgemarket, 40 miles**

"Boots and saddles!" When last we heard from Trooper Giovanni Martini, he had narrowly escaped death at the Battle of Little Big Horn when Custer sent him back with a dispatch for Captain Benteen: "Come on...Big village...Be Quick. Bring packs!" (Perhaps if he'd sent one of our NYC bike messengers he'd have gotten help quicker). We'll visit Giovanni and maybe Harry Houdini as well. Then, we'll look down on the city with all 5 boroughs at our feet, we'll see a life-sized Pieta, perhaps a secret cemetery in Jamaica Estates and the RKO Keith's in Richmond Hill. Bring lunch / ice cream money, \$5.00 museum admission, a cable lock, your guidon and bugle! Leaders: John Chiarella and Danny Lieberman.

KENSICO DAM **9AM, East 241st St. & White Plains Road, 35 miles**

After we ride on roads to Bronxville, the ride turns beautiful. Except for a short area between Scarsdale and Hartsdale, we travel on paths along streams and ponds, over wooden foot bridges and small waterfalls. See what the WPA hath wrought. Enjoy lunch at the base of the dam. Bring money for lunch and your MTA bike permit in case you need Metro-North. Last stop on the #2. Leaders: Ed DeFreitas and Jesse Brown.

Monday May 28th

GARDEN CITY QUICK SPIN **9AM, Doughnut Plant, 60 miles**

Department store magnate A. T. Stewart founded the town of Garden City, Long Island, shortly before his death in the 1870s. This early, planned community blossomed into a bright and beautiful suburban town in the early 20th century. We'll take all backroads across Queens and Nassau counties. Bring or buy lunch. B16 pace. Leaders: Danny Lieberman and Maria Cummings.

Tuesday May 29th

AWAY FROM MANHATTAN **9AM, Kew Gardens, Queens Blvd & Union Turnpike, 25 miles**

Ride into Brooklyn, over the Gil Hodges Bridge to Riis Park. Return over the Cross Bay to Howard Beach, Ozone Park, and Forest Park. Leaders: Dennis Griffin and others.

Saturday June 2nd

THE OLD PUT CENTURY **8AM, Van Cortlandt Park, 100 miles - Quick Spin**

The Old Put a/k/a New York and Putnam Railroad, a dismal failure as a commercial rail line, was finally put out of its misery circa 1980. Fortunately, the right-of-way was preserved, and the rail barons' loss became our gain when Westchester and Putnam Counties built a rail trail for recreational use. You can now bicycle most of the way from Bronx to Carmel on a path that is paved, level, and car-free. Hooray! The 5BBC celebrates this achievement with a 100-mile round-trip day ride on the route of the Old Put. Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, and \$ for Metro-North plus MTA Bike Permit in case you need to leave early. Leaders: Jesse Brown and Jim Zisfein.

QUEENS FOR A DAY **9:30AM Kew Gardens, 40 miles**

Some 35 years ago, your humble leader first stumbled across some of the oldest bike ways in the boro, via a route that nowadays is part Greenway trails, part TA Century and part leader's choice. This easy ride will visit or pass by several parks in the nabe: Forest, Flushing Meadows, Kissena, Alley Pond, Crocheron, Francis Lewis and Macneil, plus a foray on Joe Michaels Mile, a final loop towards the Unisphere, and a visit to Vanderbilt Motor Parkway, the first ever motorized toll highway in the city. We'll stop at a deli (bring lunch money) and eat at a scenic viewpoint. Moderate pace, mostly flat. Heavy rain cancels. Leaders: Ted M. Kushner and Randy Horowitz

Sunday June 3rd

TRAFFIC HATER'S RIDE TO LONG BEACH

9AM, Cunningham Park, 50 miles
Cycle all the back roads of Queens and Nassau counties for lunch on the boardwalk in Long Beach. No bathing suits and no locks are necessary, because we go all over the place to avoid traffic. Moderate pace and flat terrain. Leaders: Martial Henrys and Manuel Sanudo

Meeting Places for Day Trips and General Meetings (continued)

Note: W subway operates weekdays only.

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

Grand Army Plaza
Flatbush Avenue at Eastern
Parkway, Brooklyn. Benches
at the Grand Army Plaza
entrance to the park.
Subways: 2 3 to Grand Army
Plaza, F to 7 Avenue, Q to
7th Avenue, R to Union
Street.

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

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

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 242th St.,
Bronx. Subway 1 to last stop
242th St.

Wakefield
241st & White Plains
Road & 241st St
Bronx. Subway 2 to
Wakefield, 241st St., last
stop.

Meeting Places for Day Trips and General Meetings (concluded)

Note: W subway operates weekdays only.

Woodlawn

Bronx. Last stop on the 4 subway, Woodlawn station, on Jerome Ave. & Bainbridge Ave..

Yankee Stadium

161th St and River Ave., Bronx, southwest corner. Subways 4 B D to 161th St.



Fleet of stationery bicycles, after a spinning class, at Manhattan's Copacabana



Decommissioned "Redbird" NYC Subway, permanent exhibit, Kew Gardens, Queens

☺ WOODLAWN CEMETERY TOUR 9AM, AYH, 30 miles

Woodlawn cemetery--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 June 9th

THE LOTTERY RIDES AGAIN (Quick Spin)

8:30AM, AYH, 70+ miles

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

☺ BENT ON UNDERSTANDING NEON

9:15 AM. City Hall – Approximately 25 leisurely miles.

If it's invisible, then what's with the colors? Can neon explode, like a WMD? Join us for this ride to Krypton Neon (sounds eerie right?) a local Long Island City neon shop. Guaranteed to be a gas! Bring lock and money for lunch at a local café, sure to have neon hanging in the window. Rain at start cancels. Leaders: Richard Sanford and Phil Goldberg.

Sunday June 10th

WESTCHESTER BIKE/HIKE: CRANBERRY LAKE

9AM, Jerome & Bainbridge Aves., 40 rolling miles

40 miles of scenic Westchester County roads, and a stop at a nature preserve where we'll take a walk around a swampy lake in a quiet, forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as the neighboring bike paths, the ride is 44% car free. All paths are paved paths, suitable for road bikes. Bring appropriate walking footwear. Rolling terrain with a few steep hills. Leaders Ed Ravin and Rhonda Wittorf. Travel note - this ride starts at the last stop on the #4 train.

BROOKLYN WATER WORKS 8:45AM Penn Station, 30 mile. 10AM Massapequa Station

From Massapequa, with Love. A tour of the old Brooklyn Water Works. It begins at Massapequa, stops at several parks and lakes,

and ends in Ridgewood, Queens. Where else can you discover the meaning behind that puzzling Force Tube Avenue in Brooklyn? Easy pace, with bailouts along the way. Bring your MTA bike pass. Co-listed with the NYCC. Leaders: Josh Gosciak and Steve Faust.

DAS BOOT, THE SUBMARINE RIDE 9AM, AYH, 35 miles

Walk where the "Greatest Generation trod by touring a WW II submarine in Hackensack. We go from the 21st century to 1944. Bring locks for bike, money for lunch and submarine tour (optional). History buffs, bring your curiosity. 35 miles. Created by Alfredo Garcia. Leaders: Ed DeFreitas and Jesse Brown.

Saturday June 16th

CLEARWATER HUDSON RIVER REVIVAL

7:30AM, 8AM, Grand Central Terminal, 25 miles

Celebrate summer with our 19th annual day-long visit to this classic folk music festival on the banks of the Hudson! We'll take Metro-North for a jump start to White Plains, then cycle to the fest, featuring several stages of music, plus non-stop dancing, crafts, souvenirs, activism, environmental displays, and of course, food. And who will be named in this year's ride dedication ceremony? Once again, our friends at TIMES UP! will provide free valet bike parking! Limited discount admission tickets (\$25) will be available, first come first served. Scheduled performers include the legendary Buffy Sainte-Marie plus Bruce Cockburn, Leo Kottke, the Paul Winter Consort, Tony Trischka and more! Festival and bike ride is rain or shine. Recommended return trip to NY is also by train. Bring \$15 fare, MTA bike permit, sunscreen. Moderate pace, flat to rolling terrain and one killer hill. Leaders: Ted M. Kushner and Brian Hoberman.

THE LOTTERY RIDE AND THE FURIOUS (Quick Spin) 8:30AM, AYH, 70+ miles

See June 9th for description. Leaders: Jesse Brown and Rodney Millard.

Sunday June 17th

☺ THE FATHERS DAY ANNUAL CONEY ISLAND AND BUST 10AM, City Hall, 30 miles

Join us for a fun ride through Brooklyn to the world famous Cyclone for the ride of your life. Come to the Fun House, walk on the Boardwalk. Return to your childhood or your new adulthood for a fun time. Lunch will be at Nathan's hotdog stand--the original hot dog.

Bring bike lock and approximately \$15 for lunch and admission. Leaders: Ed Pino and Liz Baum.

BRONX GREENWAYS TOUR 9AM, AYH, 45 miles

The Bronx Greenway tour offers an opportunity to see the Bronx as never seen before. Be amazed by the diversity and beauty of the Bronx. Staten Island is not the only forgotten borough. A true journey of discovery. Leaders: Jesse Brown and Ed DeFreitas.

Saturday June 23rd

☺ QUEENS TREASURES 10AM, Cunningham Park, 30 miles

More a tour than a ride through Queens, hitting some of the boroughs unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the botanical gardens, a 2000 year old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Leaders: Randy Horowitz, Ted M. Kushner and Jesse Brown.

Sunday June 24th

3500 FEET HIGH AND RISING 8:25AM, Grand Central Terminal, 45 miles

9:45AM, Croton-Harmon Station
Join us for this beautiful but very hilly ride through northern Westchester. While spinning on the hills (with cumulative climbing of 3500 feet), we can look forward to ice cream at the Blue Pig near the end. N.B.: Triples are recommended, bring a MTA Bike Permit and be aware that there's a few miles of riding on a hard-packed dirt road. Ride is expected to end about 6PM at the Croton-Harmon station. Terrain: Hills, hills, and more hills. Leaders: Brian Hoberman and others.

BRONX PERIMETER RIDE 9AM, Yankee Stadium), 35 miles, 8:30AM, Quick Spin

The Bronx, home of the New York Yankees! Our perimeter starts at their home, Yankee Stadium. We'll conquer the wilds of Riverdale, touch on Westchester, pass by Co-op City and Fort Schuyler and the Isle of the Unclaimed Dead. Some hills. Leaders: Ed DeFreitas and others. Quick Spin Leaders: Jesse Brown and others.

BUREKS IN THE BRONX 9AM, Chelsea Piers, 40 miles

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

Saturday June 30th

THE SUPERIMETER (QUICK SPIN) 8AM, Doughnut Plant, 75+ miles

This is the ride - from Coney from Fort Totten, with lots of greenways along the way. Only the best parts of the Brooklyn-Queens perimeters makes this one of the best urban rides you'll find all summer. Fast paced and sure to be a pleaser. B16 pace. Leaders: Danny Lieberman and Neil Weissman.

Sunday July 1st

AROUND AND OVER THE HUDSON 8:45AM, City Hall, 43 miles 9:15AM, South Ferry or 10AM, St George Ferry Terminal

See NYC from a ferry, the Liberty State Park & Hoboken. Stretch your legs on a long shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to N.Y.C. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian or Eastern European. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring lock, \$ for lunch. Moderate pace. Terrain: Mostly Flat with one hill. Leaders: Ed DeFreitas and others.

Wednesday July 4th

INDEPENDENCE ISLAND 9AM, Columbus Circle, 40 miles

City Island is a favorite destination of mine, so let's go back there for our national holiday. We'll have lunch right on the water. Plenty of greenways along with some urban scenery. Moderate pace. Bring a cable lock and \$ for lunch. Leaders: Danny Lieberman and Maria Cummings.

Cycling in New York



Detail: front wheel of custom "Metro Card" bike.



Curious George jersey, Bicycle Habitat



Bike Art: "In Tandem" vase, hand blown glass, sand carved by Duncan McClellan. Time-Warner Bldg, Manhattan

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



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 experiences 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. 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. 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

*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 info on the camp go to www.thendaramountainclub.org.

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 (www.sbraweb.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

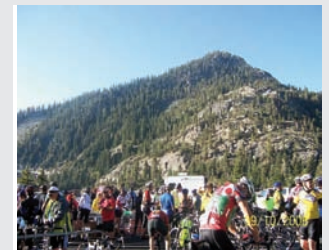
Mileage 65-75 miles/day

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,

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



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



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.

New Trip!

The Beauty of New England
VERMONT AND LAKE CHAMPLAIN VALLEY

June 29-July 4 (Saturday morning to Wednesday evening)

Trip No. VTC

Price: \$675

Early-Bird Discount (deadline May 30) \$608

Transportation: car pooling.

Note: Transportation costs are not included in trip price. Travel expenses are shared within each carpool.)

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. Our visit wraps up 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 Martial Henrys

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 (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

This year, 5BBC returns for our annual sell-out trip to Cape Cod. Join us to bike, kayak, explore, or just make new friends at one of the best casual cycling spots in the Northeast. The Cape is completely surrounded by water, and it's crisscrossed by gently rolling trails that are ideal for cycling. We stay mid-Cape, at a hostel that has both a fireplace and outdoor barbecue. Our trip includes an optional excursion to Provincetown, kayaking, swimming (or sunbathing), and one or more dinners out. This trip is ideal for singles – but is also great for anyone who enjoys casual cycling, great conversation, and group fun. Questions? Feel free to email Clyde at Originallawfirm@mindspring.com.

New Trip! New Date!

The Heart of the Golden State CALIFORNIA DREAMIN'

September 1-9 (Nine Days, Eight Nights; Finishes. 9/9; Can optionally extend trip at either end)

Trip No: CD

Price: \$1200 (Est.) Excludes airfare--No early bird discounts)

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, including the California seacoast, Central Valley & Delta, San Francisco Bay, wine country and coastal ranges. We start/finish in Sacramento; take a ferry across San Francisco Bay; cycle thru SFO and across the Golden Gate Bridge; through Sausalito and Marin County; past Mount Tam, then north along famous Pacific coast vistas. We'll cycle Point Reyes National Seashore, Tomales & Bodega Bays; through the coastal range into Sonoma and Napa valleys; through Calistoga and along the famed Silverado Trail; then back to Sacramento. Along the way we pass wetlands (& drylands – it's the dry season, so no "R" words in the weather!), farms, ranches, vineyards, orchards, rolling hillsides, valleys, small mountain ranges, rivers, sea cliffs, whales,

seals, elk and many, many breathtaking views. California is indeed an awesome cycling state.

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 as 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

Scenes from the Covered Bridges weekend trip, August 2004. Sharon Behnke photos



Premier New York Metro Area Bicycle Shop for sale.

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

Learn How To Ride A Bike

Group or individual appointment. Experienced instructor of 20 years. **Call Terry Chin at (718) 680-5227**

Note on Bike Case Photo (far right)

Phil Goldberg (left) and Judy Ross (right) posed with the 5BBC bike box. Judy rode her bike to the 5BBC office, dismantled it and placed in case. Phil, ever the gentleman, drove her and the case home. With several cycling friends, Judy traveled to the African nation of Kenya and rode to Kilimanjaro

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 don 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.

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 website www.5bbc.org, and mailing it to the 5BBC, 891 Amsterdam Ave., New York, 10025. Or you can register online at 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
- 6) Full recitation of weekend trip rules can be found on our website, www.5bbc.org

5BBC Bike Case



As a member, if you ever go on vacation with a bike, you can borrow the 5BBC bike case. Although world-beaten, this case can store your bike as you travel to your destination.

To borrow, call for a reservation at (212) 932-02300 ext. 115. Talk to Phil Goldberg (on Thurs.) or you can leave a message. You must send a \$100 check deposit at least 25 days before pickup. Come Thurs. between 7-9 pm, come to fill out a form and you take the case home. The first two weeks is free, then \$20 a week afterwards, deducted from your deposit.

More important details visit www.5bbc.org/bikecase.shtml

Smilin' Cape Escape Weekend trip, Sept. 2006. Barry Hartglass photo





23 Seconds With: Susan McCarthy

Occupation:

Director of Finance & Administration, Child Care, Inc., a non profit agency which means not only I do accounting, but I am also the person you call if you need a light bulb changed in the building.

How did you found out about the 5BBC?

From my friend, Donna Jeffrey. She actually met her husband, George Weintraub, on a Beach Bums ride. I moved to New York City and brought my son's Trek 360 mountain bike. Donna told me to try riding with the club. Great advice. I've been riding four years with the 5BBC.

What Do You Like About the 5BBC?

I like everything about the club. The people are great--Friendly; Inclusive; They really want you to ride with them and have fun doing it. There's also that wonderful Point Drop Sweep system of riding. Sure makes life easier having a Sweep. I didn't know the City at all, and 5BBC rides are a great way to learn about it.

Favorite Bike?

I stopped using my son's bike and bought a Jamis Sports Coda hybrid bike, which I like a lot. But my favorite bike I am still looking for, the one that makes going up hills and riding fast easy.

Favorite 5BBC Ride?

It's hard to pick a favorite ride--Ed DeFreitas' Frostbite ride for Pancakes; going to Atlantic Beach, Sandy Hook, the unforgettable Lincoln Tunnel ride and way up on my list are the Beach Bums.

Favorite Bike Events?

My favorite is the Montauk Century. I have a wonderful volunteer job at the finish. I go the day before and ride to Montauk from Mastic Shirley. On the day of the ride, I stand at Ruschmeyers and congratulate happy exhausted

people who've just had a great ride having reached the end and returning their bags.

My second favorite event is Bike New York's Commerce Bank Five Boro Bike Tour. I've done it with my godson Justin, his sister Shaena and cousin Integrity (ages 9 to 11). We are proud and exhausted when we reach Staten Island. Justin says the next time he's doing it is when his 3-year old brother, JoJo, turns 8.

Longest Ride?

65 miles on the Montauk Century, the Pumpkin Patch Pedal and 55 miles of the Transportation Alternatives Century.

Speak Lithuanian Via Cycling

Dviratis
Bicycle

Važinejimas Dviračiu
Cycling

Padanga praduria
My tire is punctuated

Dviratis New York
Bike New York

Penkios Miestas Dviratis Kliubui
Five Borough Bicycle Club

Montauk Simtmetis
Montauk Century

Source: Marlborough's Lithuanian Self-Taught by M. Variakojytė-Inkenienė, 1958

NYC Cycling Map

Since 1997, various city agencies created and distributed free bike maps of New York City. It started with maps of individual boroughs until 2001. Since 2002, one map now incorporates Manhattan, Brooklyn, Queens, Staten Island and the Bronx.



1998 New York City Cycling Map, Brooklyn Edition

Besides recommended bike routes, the map shows greenways, bike shops (with bike rentals), bridges with bike access, subway stations in case you need to bail out on a ride, etc.

Pick up a free copy at your local bike shop or at bike events such as the Five Boro Bike tour and the TA Century.



Current 2007 edition 13



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
Ed Pino and Liz Baum Leadership
Coordinators



From the 5BBC Leadership Class Weekend trip, 2005.
John Chiarella photo

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:

Saturday June 2
Sunday June 10
Saturday June 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 a 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.

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.

Musings of a Bicycletter Man

This club is all about bike rides, whether you come on day or weekend trips. We have lots of opportunities for you to join in.

It's also a good idea to do more than just ride. Get involved. This fine organization is run by devoted volunteers. Some of us stalwarts, who are ride leaders and board members, started at least ten years ago. We made our mark and were considered the "young" generation then.


Today, there is a need for another "young" generation. We need people to continue the Five Borough Bicycle Club, with new rides, new ideas, as well as keep more of the good & fun parts of the old. Give it a try!

Alfredo Garcia
Editor
Bicycletter
Five Borough Bicycle Club



FIVE, GOING ON 35

WHAT DISTANCE WILL YOU RIDE?



THE 18TH ANNUAL NYC CENTURY BIKE TOUR

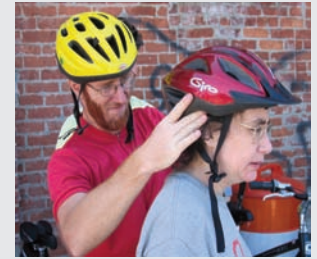
SUNDAY, SEPTEMBER 9, 2007
15, 35, 55, 75 & 100 MILE ROUTES

Transportation ALTERNATIVES
NYCcentury.org • 212-629-8080

Last-Minute Addition to the 5BBC Bike Shop Discount List

Arc De Triomphe Bicycles
114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
(718) 846-2099

See page 23 for the complete list.



Bike New York Safety / Education Classes

Want to learn or re-learn how to ride a bicycle? Want your children to ride safe? Bike New York has courses to teach all.

For Adults, take the Savvy Cyclist and Bike Commuting 101 classes.

For children (and their parents), take the Teach Your Kid How to Ride and Bike Street Smarts 101 courses.

Plus there are classes for people who want to learn how to teach these bicycle skills.

For more details, visit www.BikeNewYork.org/safety_ed/classes/index.html or call (212) 932-BIKE



Ed and Liz? "Marriage" Tandem Bicycle. Photo provided by Bonnie Hammer



Cycling Is Good For You

Bicycle For Your Life Cycle

Besides being an excellent form of exercise, the act of pedaling a **bicycle** increases blood circulation to the lower body, esp. the legs and feet, which helps to lower blood pressure.

Bicycling for 60 minutes, three times a week, over a 10-week period dropped blood pressure an average of 13 points in a group of middle-aged people.

Keeping blood pressure in range (below 130 systolic and 90 diastolic) is key to the prevention of strokes, heart disease and kidney ailments.

*Dr. Maoshing Ni
Secrets of Longevity
Hundreds of Ways to
Live to Be 100.*

Want To Do Something to Help Stop Global Warming?

Drive less. Walk, **BIKE**, carpool or take mass transit more often. You'll save one pound of carbon dioxide for every mile you don't drive.

*Al Gore
An Inconvenient Truth.*

Editor's Note: This article comes courtesy of Linda Leeds and Bonnie Hammer, Florida cyclists. Ms. Hammer, once rode with the 5BBC, now lives and cycles in the Sunshine State. She is editor of the Sarasota-Manatee Bicycle Club's "Rough Draft" newsletter.

Cause of Death: Apathy A Cautionary Tale

by Linda Leeds, WPBBC member since 1975

It is with regret and sadness that we announce the disbanding of what was perhaps the oldest cycling club in the state, the West Palm Beach Bicycle Club, (WPBBC) on December 31, 2006. Founded in 1963 by Bob Husky, who passed away this past summer, this once-great club slowly died of apathy, disinterest and the unwillingness of most members to take responsibility for running the Club.

For most of its 43 years, the Club was very active in many aspects of cycling: regular weekly rides, a time trial series, advocacy, social events and touring. Touring included three major events: the Tour of Sebring, the Cross Florida Tour and the Lake Okeechobee Lark.

The Tour of Sebring began in 1982, growing out of the September Century program by the League of American Bicyclists (then using the term "Wheelmen") and was attended at its peak by almost 600 cyclists. It was tremendously successful both in popularity and as a "cash flow" for the Club, allowing it to make substantial donations to many worthy causes involving cycling and/or children.

Hurricane Frances in 2004 caused its postponement. By the next year, no one wanted to take responsibility for producing the event. The host hotel, the Kenilworth Lodge, graciously ran it in 2005, donating the proceeds to the Club, with the arrangement that the event would "belong" to the Lodge after that if the Club was not able to organize it. In 2006, that's what happened. The event continues successfully, but no longer under Club auspices.

The Cross Florida Tour began in the 1980s as a stage race across the state and nationally-known racers came to participate. The route varied, but for many years went to the East Coast to the West. In later years, as it became harder to produce as a race due to increasing traffic, the event evolved as a tour. It included a century

and sometimes went from Okeechobee to Punta Gorda. It was discontinued several years ago, because no one wanted to organize it or even help.

Bob Mohr started the Lake Okeechobee Lark, a one-day, 120-mile road ride around the Big O, in 1989, with eight riders and one support vehicle. It grew to over 100 riders and was successful for several years. It later was dominated by racing groups from other Florida counties, making it very difficult to run properly and safely. Then the same old problem reared its ugly head. And that event, too, was discontinued.

The Time Trial Series was tremendously successful for a while, drawing riders from all over South Florida. Most took place on Route A1A, with a few longer ones out on State Road 80 near 20 Mile Bend. Traffic management became difficult. Without this, it's not possible to run a safe and effective race. And then, too, the same old problem.

Several of the weekly rides go on as self-sustaining events, but these don't require much effort or commitment. And people want to ride, so naturally, the rides go on.

Interest in helping with Club administration dropped to almost nothing. The Club was on life support for the past two years, with no President or Vice President, very few Directors and no one offering to step up despite repeated pleas to the general membership. Many wanted to have a Club, but no one wanted to help make it happen.

Club assets have been split evenly between the Florida Bicycle Association and the Boca Raton Bicycle Club's A1A Legal Defense Fund.

Please, don't let this happen to your club. Do what you must to maintain interest and participation in not just activities but in administration. Bring in new people to keep things fresh. Make it fun. Most of all, install a sense of responsibility in your members and urge them to "own" part of cycling's future.



5BBC Sues NYPD to Protect Group Cycling.

On March 27, the 5BBC and several other affected parties filed a lawsuit in Federal court, asking a judge to stop the NYPD's new rules that would let the NYPD ticket or arrest any "recognizable group" of 50 or more cyclists that ride together without first obtaining a parade permit from the Police Department.

Suing city government is not one of the ordinary roles of the 5BBC. But organizing group bicycle rides is. The NYPD's parade rules essentially criminalize large bike rides, under the dubious claim that bicycle rides are a danger to public health and safety.

Although the NYPD rule changes were apparently intended for use against the monthly "Critical Mass" rides, the rules also apply to any 5BBC day trip that might draw 50 or more riders, and perhaps even to the 5BBC Montauk Century.

We looked into applying for permits for our rides, but found that it was a bureaucratic nightmare. The rules for parades are totally inappropriate for bicycle rides. For example, 5th Ave on a Sunday is prohibited, even though most of 5th Ave is an official NYC bike route. The width of every roadway in the route must be listed in the permit, and the 5BBC would have to appoint a "Chief Officer" for each "parade", who would be "Responsible for the Strict Observance of all Rules and Regulations of Said Permit."

We could have stood by, ignored the new rules, and let the police arrest bicyclists at Critical Mass and hoped that they wouldn't come for us. But the 5BBC board decided that we could not do that, not when the civil rights of all bicyclists in New York City and indeed group bicycling itself was under attack.

All of the major documents of the suit will be available on line at the 5BBC's casefiles page. New files will be posted there as soon as they become available.

In the meantime, the most important thing you can do to help fight the City's misguided

policies is to ride your bike, preferably with the 5BBC on one of our day trips and on the 5BBC Montauk Century. Also, if you're not a member, or haven't yet renewed for 2007, we need your support. Please visit www.5bbc.org/join5bbc.shtml

Ed DeFreitas
President
Five Borough Bicycle Club

UPDATE April 18, 2007

Judge Lewis A. Kaplan has issued a decision denying the 5BBC and several affected Plaintiffs' motion for a preliminary injunction. The 5BBC and the other Plaintiffs in the suit look forward to our opportunity to demonstrate on a full record that the City's parade rules are an unjustified and unconstitutional restriction of our right to ride in groups.



Taking it to the streets

Licensed Massage Therapy by Seth Asher

Swedish, deep tissue and pre-natal massage.

"A truly gifted massage therapist"
—Carol Wood, Manhattan

Experienced, knowledgeable and dedicated.

Charmingly tranquil Brooklyn Heights studio.

Yoga People
157 Remson Street

Phone: 718.802.1972

Email:
SethA@freeshell.org

Web:
www.yoga-people.com/brooklynheights/massage

Edward Pino
MS, LMHC,
Psychotherapist
Individual
Psychotherapy-

Counseling
techniques that work

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

By Appointment
Phone:
(646) 734-7114

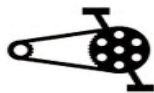
Email:
edpino@mac.com

Ride for Climate

David Koodma & Bill Bradlee will visit New York, at the EMS Store, 591 Broadway, on **Tues. May 1, 2007, 7:30pm** to discuss developments in climate change research, share stories and photos from Mr. Bradlee's 15,000-mile bike tour from California to the tip of South America.

Learn about many solutions to develop clean, safe energy, become fuel efficient and to leave a healthy planet for the next generations.

For more info, visit www.rideforclimate.com



Bicycle Film Festival 2007

May 16-20

Annual festival in Manhattan showing films with bicycle themes, like "Bikes Rock," "Monkey Warfare," "Klunkerz," "Ayame" and "Daydreamers."

For more info visit www.bicyclefilmfestival.com

Swift Folder Open House, Mon. May 21, 2007, 6pm.

280 Nevins St., Brooklyn. Tour the tiny shop where "Swift folder" bikes are built to order for New Yorkers and the rest of the world. All are invited to see Peter Reich, the bike's designer. Ask questions, take a test ride and share other good things. For more info, visit www.swiftfolders.com



High Art: Another detail of the hand-blown glass and sand-carved "In Tandem" vase by Duncan McClellan. This piece of pottery is selling for \$10,000! Think of all the bikes you can buy instead. Barbara Garcia photo.

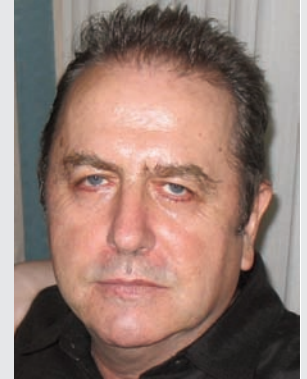


Low Art: Lower East Side KMart store window display with low priced Schwinn road bike and women's dark dress. Oddly enough, the bike was not available in the store.



Tripper Ritchie McCauley & 5BBC leader Terry Chin at the George Washington Bridge, during an Ed DeFreitas' Frostbite Ride. Arabelle Taggart photo.

I Read the News Today, Oh Boy



There are Second Acts in Life-

Legendary leader, past 5BBC President & Weekend Trips Coordinator **Phil O'Reilly**, celebrated his 61st birthday at a Village comedy club. Phil has an aspiring stint as a stand-up comedian. He was lovingly bombasted by 5BBC friends and wife Lerida. Phil was preceded on stage by comedians such as "Angry Bob" and "Gorgeous Negro." Then Phil went on, garbed in a suit jacket & tie plus bike shorts, trademark brown socks and bike shoes. He performed a low-key but uproarious set that brought the house down. More laughs to come.



Real bikes (hidden) and real people (smiles) having fun on a bike trip. In front of the Bicycle Workshop, Tenafly, NJ. Westwood training ride. Danny Lieberman photo.



New 5BBC Member!

Present leader David Seto and his wife Anna became new parents of a son, Justin, born early this year. Best wishes to all, especially to Justin.



BIKE MONTH NYC

MAY 2007

Over 175 events: Bike to Shea Day, rides, races, classes, art, music, the Bicycle Film Festival and more!
BikeMonthNYC.org 212-629-8080

Pick up a copy of Bike Month NYC schedule at your local bike shop or visit bikemonthnyc.org

America By Bicycle



America By Bicycle offers fully supported cross country bicycle tours. Rugged cyclists stay at hotels for the night. Tours range from an Oregon to New Hampshire, 2-month tour, either fast or regular paced and shorter regional trips like Wyoming, Western & Eastern States and the Rocky Mountains. Visit www.abbike.com for details.



Doug Dalrymple

Why I Ride

The Art of Bicycling in New York
 May 3 - June 3, 2007

Opening Reception: Lower Eastside Girls Club, 56 East First St., Manhattan, Thurs. May 3, from 5-8pm

"Why I Ride" is an independently organized multi-venue exhibition that will showcase New York artists working in photography, painting, drawing, and sculpture or installation, who are inspired by the freedom and mobility that the bicycle makes possible in a congested metropolis. These artists view interactions with neighbors and strangers — both friendly and otherwise — as preferable to the isolation that grows out of our sprawling, auto-dependent environment.

The exhibition will be accompanied by a bike tour and brunch, film screening, and a website with an online gallery of all work submitted to the project.

Exhibits will be presented in other venues, as well as a short bike tour. For more information, visit www.whyriddenyc.org

Online pdf catalogue available for download. Read essays contributed by our own Jim Zisfein and Alfredo Garcia.

Note: Carol Wood, catalogue editor and co-curator of this unique exhibit, is also a member of the Five Borough Bicycle Club.



Bikes in Staten Island

...Eased up during Josh Gosiak's "Dead Pool" ride. Bethany Cole photo.



Ted M. Kushner wins Tour de 5BBC!

Actually, he kept staying slightly ahead of others during a training ride to Hicksville. John Chiarella photo.



Montauk Century: May 20, 2007 Is Just Around the Corner

OK, taxes are done and the weather is getting warmer. We have plenty of info about the 43rd Annual Montauk Century ride that's bound to help, motivate, inform & delight you. But first, here's the hard news:

Price Increases Are Coming!

Register By May 10 and save \$10 on your registration fee. Get your ride wristband in the mail at no extra charge; save time at check in. Get your jerseys and T-shirts in the mail at the current price.

Remember, there is only one Montauk Century. If you want only the best, go to www.active.com/event_detail.cfm?event_id=1307325 and register now.

Training, Training & More Training

Can you believe there are only 4 training rides left for The 43rd Annual Montauk Century? You can still get your long-distance rhythm going by checking out the remaining 5BBC rides, in the pages of this newsletter (May 5, May 12 and May 13)

On training rides, you must be able to maintain a minimum 12 mph pace. If your ride has a "quick-spin" option, that means 2 groups leave at different times; the "quick-spin" group maintains a 17-18 mph pace. Bring a bicycle in working condition including gears and brakes. Pack a spare tube, pump, bike lock, water, food, and money for lunch. You must wear a helmet

to participate. Also, for Queens/LI rides, it's a good idea to bring an **MTA Bike Permit** in case you need to take the train back.

Got questions? Need more info? You can contact us via email, Montauk@5BBC.org or go directly to www.5BBC.org/montauk, which also directly links you to online registration for what will be the best Montauk Century ride ever!

Best,

*Jesse Brown
Special Events Coordinator
The 43rd Annual Montauk Century
Five Borough Bicycle Club*



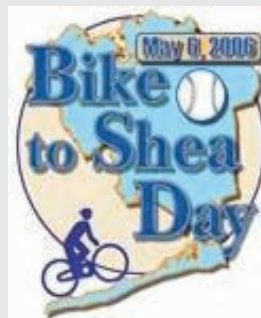
3rd Annual Tour de Brooklyn
Sunday, June 3, 2007

8am, Southwest entrance of Prospect Park, Brooklyn (Subway: 2 3 Grand Army Plaza; Q 7th Ave.)

2,500 rider limit. Register now!

Join hundreds of friends and neighbors for the 3rd Annual Tour de Brooklyn. This year's tour gets underway at Grand Army Plaza, a National Historic Landmark at Prospect Park. This year's 18 mile tour will feature Brooklyn's southern neighborhoods along the waterfront like Sunset, Bay Ridge, Dyker Heights and Bensonhurst and loops towards the heart of Brooklyn, Kensington and Prospect Park South to end at the Carousel.

Details and Registration visit www.tourdebrooklyn.org.



4th Annual New York Mets Bike To Shea Day,

Sat. May 12, 2007, 10:30am,
Dag Hammarskjold Plaza,
47th St. & 1st Ave.,
Manhattan

Mets fans, leave the traffic behind and bike to Shea! Join us for a 6-mile ride to see the Mets vs. the Atlanta Braves. Marshals from the Dept. of Transportation will escort you to the game via on street bicycle lanes and off street greenways at a leisurely pace.

Riders of all skill levels are welcome. Riders who wish to take their own route & starting location are also encouraged to join in the spirit of the day and meet us at the game. Once at Shea, free attended bike parking close to the stadium entrance will be provided and fun free gift giveaways will also be available for all those who Biked to Shea!

Purchase tickets: Call 718-507-TIXX. Those wishing to sit with the event group need to ask for "Bike to Shea Day" when calling.



Membership, Trips, Classes & Store

General Information *(Please print)*

First Name _____ M.I. _____ Last Name _____
 Address _____ Apt. _____
 City _____ State _____ Zip _____
 Email Address _____
 Day Phone _____ Evg. Phone _____
 2nd member's name if dual membership (two members at same address) or if 2nd tripper on weekend trip. _____
 First Name _____ M.I. _____ Last Name _____
 Email Address _____
 Day Phone _____ Evg. Phone _____

Supplementary Information

Required for 5BBC Membership

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

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

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

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

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

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

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

Signature, 1st Member _____ Date _____
 _____ Check here if under age 18
 Signature, 2nd Member _____ Date _____
 _____ Check here if under age 18

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

Agreement by Parent or Guardian of a Minor

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

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

Parent's or Guardian's Name *(Please print)* _____
 Parent's or Guardian's Signature _____ Date _____

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____
 Dual Membership: two persons at same address.
 All memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

Weekend Trip - Name

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

Bike Course - Name 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.....\$ _____

5BBC Patches

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

Total Payment.....\$ _____

Make check or money order payable to 5BBC and mail to:

Five Borough Bicycle Club
 891 Amsterdam Avenue
 New York, NY 10025

5BBC Membership Card and Participating Bike Shop Discount List

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. Laminates 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

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

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

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

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

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

City Bicycles
315 W 38 St
NY, NY 10018
212-563-3373
www.city-bicycle.com

Conrad's Bike Shop
25 Tudor City Place
New York NY 10017 212-697-6966

Bill's Cyclery
63-24 Roosevelt Avenue
Woodside, New York 11377
718-335-1906
www.ubuybikes.com

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

South Shore Bicycle & Fitness
1067 Broadway
Woodmere, NY 11598
516-374-0606

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

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

Westchester

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

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

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

Connecticut

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

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

Newington Bicycle
1030 Main Street
Newington CT 06111
860-667-0857

New Jersey

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

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

Marty's Reliable Cycle
173 Speedwell Avenue
Morristown NJ 07960
973-538-7773

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



Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (b/t 79 & 80 St.)
New York, NY 10021
(212) 794-2929

Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (b/w 87 & 88 St.)
New York, NY 10128
(212) 722-2201

Gotham Bikes
112 West Broadway
New York NY 10013
212-732-2453

Midtown Metro Bicycles
360 West 47th Street
New York NY 10036 212-581-4500

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

Sid's Bike Shop
235 East 34th Street
New York NY 10016
212-213-8360

Victor's Bike Repair
4125 Broadway (@174 St)
NY, NY 10032
212-740-5137

Queens

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

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

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

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

Buddy's Schwinn Bicycle Corp
79-30 Parsons Blvd
Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop
42-42 235th Street
Douglaston, NY 11363
718-225-5119

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

www.spincitycycle.com
Spokesman Cycles
49-04 Vernon Blvd.
Long Island City, NY 11101
718-433-0450
www.spokesmancycles.com

Long Island

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

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

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

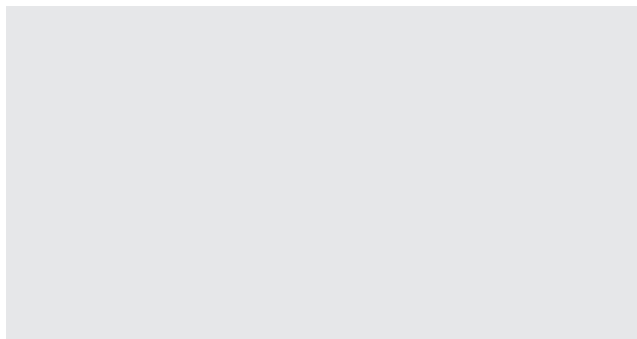
Brands Cycle Center
1966 Wantagh Avenue
Wantagh NY 11793
516-781-6100

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



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

Address Service Requested



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

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 for exact dates and locations. You can also contact the Programs Coordinator at Programs@5BBC.org.

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

Bicycle club membership 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. 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 July August 2007 issue is:

Monday 4 June 2007

© 2007 Five Borough Bicycle Club.
All rights reserved.

Bicycletter May-June 2007
Volume 17 • Issue 3

Editor: Alfredo Garcia
Assistant Editor: Brian Hoberman

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

Contacting Us

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

Hostelling International New York
(212) 932-2300
Press 7 "Sports Clubs"
Then: Press 1 - Bike Club (5BBC)

After you press 1,
for information you may:
Press 1 - Membership
Press 2 - Day Trips
Press 3 - Weekend Trips
Press 4 - Special Events
Press 5 - Bicycle Courses

(Note: Please listen to the prompts. You do not need to listen to the entire message to enter the next number.)

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

www.5bbc.org