

# B I C Y C L E € € R

Bi-Monthly Publication of the Five Borough Bicycle Club, New York, NY, USA  
July - August 2007 Volume 17 Issue 4

## 5BBC Montauk Century May 20, 2007



*I, Timothy take this beach...*



*All smiles at Ruschmeyers*



*Tailwinds on Dune Rd.*



*You and me against the world*



*Bird's eye view of Ponquoque Bridge*

Photo credits (top to bottom):  
Timothy Forker; Danny Lieberman;  
Jaki Levy; Willie Vicioso; Wikipedia



gdegent photo

Around 1:23pm--this guy is either: **a)** riding in the Twilight Zone **b)** doesn't know he has a slow leak in rear tire **c)** pursuing Paris Hilton for a date at 20mph **d)** riding the Montauk Century to the finish.

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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—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



2007 Giro “Ionos” bike helmet

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).



# July & August 2007 5BBC General Meetings



Scene from "Vietnam, Long Time Coming"

## Sports Medicine and Cycling from a Humanitarian Perspective

Wednesday, July 18, 6:30 to 9:00 PM

Location: Hospital for Special Surgery,  
535 East 70th Street, Manhattan, 2nd  
Floor Conference/Lecture Room Suite.  
Subway: #6 to 68th St. & Lexington Ave.

Our speaker this evening is Brian C. Halpern, MD, a physician affiliated with the Sports Medicine Service of New York's renowned Hospital for Special Surgery. Dr. Halpern is a graduate of Weill Medical College of Cornell University and is on the faculty of that institution. He has also served as associate team physician to the Mets. Dr. Halpern is board certified in primary care sports medicine and family medicine and has published articles in professional journals & sports magazines.

In 1998, Dr. Halpern was tour physician for a 16-day, 1,100-mile bicycling expedition through Vietnam with disabled veterans of that war. Other participants included Senator John Kerry and Greg LeMond. This evening, it will be our privilege to see "Vietnam, Long Time Coming," the Emmy Award-winning film based on that journey.

Dr. Halpern will be available to entertain any questions you may have with respect to sports medicine and cycling – injury prevention, musculoskeletal issues, nutrition, hydration, respiration, etc.

This program has it all: cycling, sports medicine, community service, inspiration, and an award-winning film (with celebrities). You don't want to miss out on this evening!

The 5BBC wishes to thank the Hospital for Special Surgery, Dr. Halpern, and Denise Magoolahan (Dr. Halpern's Office Manager) for their efforts and assistance.



Bicycle with "mustache" handlebars

## Swap Meet

Monday, August 13, 7:00 to 9:00 PM

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

Bring one or more bicycle-related components, tools, accessories, apparel, etc. (new or used) that you don't want, and trade or make a deal for things that you do want. If you email programs@5bbc.org with a description of what you're bringing, we can include it in a "shopping list" to be posted here.

Of course, there will be food – not to be swapped, but to be eaten. Expect some good old-fashioned NY deli plus a veggie selection.

*Barry Lee Hartglass*  
5BBC Program Coordinator

*5BBC Leila Rinehart*  
Assistant Program Coordinator



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

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

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

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

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

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



Alfredo Garcia design

## 5BBC Perimeter Series.

NYC is not just five city boroughs. It's five counties. It's big. It's diverse. Most people know Times Square and Central Park. But the Big Apple doesn't just have a core.

It also has a bright, shiny skin full of forts, villages, wetlands, and more. Come join us and circumnavigate each borough, one at a time, on select Sundays from June to September.

Each ride follows all the 5BBC rules, including helmets and point-drop-sweep to encourage safety for all.

Each ride has a Regular and a Quick Spin group (maintains 15 mph avg. pace). If you complete all five rides, you receive a 5BBC Perimeter Series patch

Dates:

June 24 Bronx\*  
July 8 Brooklyn  
July 22 Queens+  
Aug 12 Staten Island  
Aug 26 Manhattan

Check ride listings for details

*Ed DeFreitas*  
5BBC President

\* Sorry, too late  
+ One group, no point drop sweep

## Day Tripper



Michelle Sahli photo

It wasn't easy, but we have a full summer schedule for you. As you can see, there are a few really special rides out there. We have some old favorites and a few new favorites. And one very special series - 3 rides in a single day. If you can complete all 3 rides listed on Saturday, August 11th, you will earn a special prize, offered by leader (and current Bicycletter editor, Alfredo Garcia). We also have an ice cream ride, a Lincoln Tunnel ride, and tons of beach rides.

What time is it? It's time to start riding! Controversy broke out on the 5BBC Message Board this month when a tripper posted about how sorry she was to miss a ride that had left on time. Well, some people argued in favor of schmoozing, and some against.

Count me in the against column. Now I know I have not had the best record for starting on time. But unfortunately it happens far too often that a 5BBC ride will actually begin riding much later than the posted time. And it is a negative feedback loop.

Trippers will show up late, thinking that all rides start so many minutes after the posted time. This is a problem and we all have to do our best to start on time. It's the leader's responsibility to get things moving on time. Some leaders will even show up after the posted time. Well the time to have coffee or a doughnut is well before the posted time.

**Message to Leaders:** keep an eye on the clock and start your rides when you say you will. If an expected tripper is late, that is their problem and not yours. You will be commended for starting on time. Don't drag out the opening ceremonies. Leave on time and your trippers will be happier, that is guaranteed.

**Message to Trippers:** do your best to arrive early. It is not fair to the other riders to arrive late. It is also not cool to call the leader and tell them that "I am coming so please wait for me." Try to calculate your travel time, and that may include subway delays if there is track work going on. Check your bike before you leave or better yet, the night before. Most importantly, check your tire pressure and fill them up to the recommended pressure. The last thing anybody wants to happen is to get a flat on the way to the start of a ride.

**Message to Everyone:** if the 5BBC has a reputation as the club that starts late, we all have to work to fix that. I know that some of our leaders are always going to start on time. The rest of us have to improve and commit to starting on time. If your plan is to schmooze instead of to ride, get there 30 minutes early and you can kibbitz, but when the leader calls the group to order, you better stop and be ready to start rolling.

*Danny Lieberman*  
5BBC Day Trips Coordinator



Simon Lawson photo

Montauk Stretch Out



# July - August 2007 Day Trips

**Saturday June 30th**

## **THE SUPERIMETER, Quick Spin 8AM, Doughnut Plant, 75+ miles**

This is the ride - from Coney to Fort Totten, with lots of greenways along the way. Only the best parts of the Brooklyn and Queens perimeter trips makes this one of the best urban rides you'll find all summer. Note: no point-drop-sweep on this ride. Fast paced and sure to be a pleaser. B16 pace. Leaders Danny Lieberman, Neile Weissman and others.

**Sunday July 1st**

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

From a ferry, see NYC, Liberty State Park & Hoboken. Then stretch your legs along 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 and Eastern Europe. It's all on one Amsterdam Ave. block. Then, we'll follow the Hudson River line (really, ask Ed why.) back down to City Hall. Bring a lock & \$ for lunch. Moderate pace. Terrain: Mostly Flat with one hill. Leaders Ed DeFreitas and Owens Ridges

## **LIFE'S A BEACH AND THEN YOU DRY 10AM, Prospect Park, 35 miles**

Don't let a summer Sunday go by without taking a dip into the Atlantic Ocean. Lunch stop will be in Brighton Beach, the land of the knish, but we'll be swimming in the Rockaways so we can catch some genuine waves. Leaders Ed Ravin 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 urban scenery. Moderate pace. Bring a cable lock and \$ for lunch. Leaders Danny Lieberman & Maria Cummings.

## **☺ HISTORICAL CEMETERY RIDE 9AM, City Hall, 40 miles**

You know how famous people lived. Now get a look at how they spend eternity. Leonard Bernstein, Boss Tweed, Tiffany, Greeley, Ebbets, Eubie Blake, Joe Gallo. The inspiration for Central Park. Brooklyn is a great place. Bring a camera and binoculars for bird spotting. Leaders Terry Chin and Ed DeFreitas.

**Saturday, July 7th**

## **SANDY HOOK 8AM (get there earlier, boat leaves at 8:15am), Pier 11, 23 miles**

Go on a perennial bike boat day trip to the Jersey Shore. Ease your worries for today. Ride a classic cycling route (except for August 25th) with four bridges, a lighthouse and vast views of the Atlantic as well as beach time. August 25th we will explore Asbury Park and a local bike shop. Bring swimwear, sunscreen, lock, lunch or money for it, and \$38 roundtrip fare (including bike fare) for Seastreak Ferry (seastreak.com). Arrive early as the tickets go fast. Co-listed with NYCC. Leaders Alfredo Garcia, Phil Goldberg, David Seto.

## **☺ THE FIX IS IN - RIDING REPAIR CLASS 10AM AYH, 25 miles**

Don't know how to fix a flat? Need to adjust those rubbing brakes? Don't want to stay indoors to learn how? Take a fun ride to a scenic park in the Bronx or Westchester County for a laid-back, open air class on bike repair. A shade tree will be nearby for those who would rather nap through the 1-hour course. Bring or buy lunch. A few steep hills. Leaders Ed Ravin and Jim Mallard.

**Sunday, July 8th**

## **☺ BICYCLE BEACH BUMS #1 10AM, Prospect Park, 30 miles**

The beach rides are back and the 5BBC has them! Why tire yourself out riding at a furious pace when you can be relaxing on the beach? Join us every Sunday through the end of August when we ride out to the delightful beaches of the Rockaways. The trip is pancake flat and the water's warm. Bring a bathing suit, bike lock, sunscreen, and bring or buy lunch along the way. This is a moderate paced ride suitable for everyone! Leaders Ed Ravin and Brian Hoberman.

## 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 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

**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 Turnpike to parking lot  
at 196th Place

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

**Governor's Island Ferry  
Terminal**  
Battery Maritime Building  
located on the East River,  
Manhattan, adjacent to the  
Staten Island Ferry. R to  
Whitehall St. Note: There is  
no weekend 1 4 5 service.

## Meeting Places for Day Trips and General Meetings (continued)

Note: W subway operates weekdays only.

**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

**Penn Station**  
8th Ave. & 31st St., on the sidewalk, Manhattan. Subways: 1 2 3 A C E to 34th St.

**Pier 11**  
Wall St. & South St., Manhattan. Subways: 2 3 to Wall St. J M to Wall St. (weekends only)

**Plaza Hotel**  
Fifth Ave. at 59th St. Subways N R W to Fifth Ave., 4 5 6 A B D E F nearby

**Prospect Park (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.

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

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

### ☺ **THE MIRAAJ AND THE ICE KING** **9AM, Bridgemarket, 20 miles**

After riding a few miles in the heat of summer, you might want to reach an oasis, but we will visit the Miraaaj, an outdoor middle eastern restaurant. On our way back we will visit the Lemon Ice King of Corona. Bring \$ for lunch. Leaders Martial Henrys and others.

### **BROOKLYN MAX PERIMETER** **8AM, City Hall, 55+ miles** **9AM (Regular group)**

Every year I try to improve this ride, by adding more neighborhoods and scenery. This year we will add special emphasis to historic Coney Island and some of the surrounding communities (Manhattan Beach, Gerritsen Beach, Mill Basin, and so on). The ride is still mostly flat, but the mileage goes up. Bring a bag lunch or buy one at a deli and eat outside on the pier at Canarsie. Remember to pack water, sun screen, and a camera. Leaders: Danny Lieberman and Jesse Brown. "Regular" group leaders Ed DeFreitas and others.

**Saturday, July 14th**

### ☺ **ROOFTOP TOMATOES AND LOFTY LETTUCE** **9:30AM, Prospect Park, 20 miles**

A juicy Times Square tomato? A crunchy Coney Island cucumber? How about a leafy Lefrak City lettuce? Imagine your building's super not only fixing your leaky faucet by Christmas but helping you to carry bushels of tomatoes from your rooftop's solar and wind-powered bio-diesel heated farm to your block party's county fair. Join us for a free tour of the Science Barge in Manhattan and discover how the Big Apple can be the Sustainable Apple. Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and Jim Mallard.

### ☺ **CATS IN THE CRADLE** **9:30AM, AYH, 22 miles** **10:45AM, Governor's Island Ferry Terminal (next to South Ferry)**

Join us for this ride to the Governor's Island Folk Festival, where today Harry Chapin will be celebrated (folksontheisland.com). he famous musical Chapin family comes together to celebrate and bring alive the music of the late Harry Chapin. Songs like "Taxi", "Cats in the Cradle", "Mr. Tanner", and "Circle" and sung by those who know them best, Harry's original band and his amazing family. The concert and the ferry ride are free and Governor's Island is

open this summer for the first time to bikes! Bring a blanket, lunch or money for it, sun-block, a hat, and a bike lock. Leaders: Brian Hoberman and Ted Kushner.

### **SANDY HOOK** **8AM (get there earlier, boat leaves at 8:15am), Pier 11, 23 miles**

See July 7th for description. Leaders Alfredo Garcia, Phil Goldberg and David Seto.

**Sunday, July 15th**

### **CENTRE ISLAND SWIM-N-CYCLE** **8AM, Bridgemarket, 66 miles** **9:45AM, Cunningham Park, 53 miles**

Join us for this ride to Centre Island Beach in Bayville, on the North Shore of Long Island. We'll stay at the beach for a couple of hours, which will leave enough time for those of you who want to do the optional 6-mile loop around scenic Centre Island. We will ride at an easy pace on somewhat hilly terrain. Don't forget your bathing suit and towel. Ride will return to Cunningham Park around 6PM. Leaders Brian Hoberman and others

### ☺ **RIDE TO HUDSON RIVER MUSEUM** **9AM, Plaza Hotel, 35 miles**

You've heard of two-fers? Well, how about 3, or even 4? Here we have a museum that changes it's main exhibits frequently (hrm.org). It's also a planetarium and a mansion full of Hudson River School art. Varied terrain. Leaders Ed DeFreitas and others.

### ☺ **BICYCLE BEACH BUMS #2** **10AM, Prospect Park, 35 miles**

See July 8th for description. Leaders Jim Zisfein and Marina Bekkerman.

**Saturday, July 21st**

### ☺ **TO THE FRESH KILLS** **9:15AM, Doughnut Plant, 15-25 miles** **9:45AM, South Ferry**

Once one of the smelliest places on earth, now fully tamed and manicured for our inspection. We'll travel old Dutch roadways on Staten Island. Lunch at the Golden Dove diner. The tour given by NYC Park Rangers takes about an hour. Optional Quick Spin to Rossville, for those who missed it last time. We will take the 4PM boat back to Manhattan. RSVP to joshgo@awild.com for the park tour, because seating is limited. Leaders Josh Gosciak and Alfredo Garcia

**Sunday, July 22nd**

**QUEENS PERIMETER, EXPANDED  
8AM, Bridgemarket, 80 miles (one group)**

The borough itself has not grown but this ride surely has. We cover more territory and expand to include the often neglected Rockaway Peninsula. In addition, we added some more scenic sections in nearby Nassau county to make the ride even more challenging. Long, fast, and a few noticable hills just for kicks. Note: no point-drop-sweep on this ride. Travel light but bring enough snacks and water. Limited stops. Leaders Danny Lieberman and Jesse Brown.

**NORTH AND SOUTH COUNTY TRAILS**

**9:30AM, Grand Central, 55 miles**

**9:45AM, 125th St Metro North station**  
Take the Metro North from Grand Central (or 125th St) to Brewster and then ride south along the North and South County trails at a B16 pace. Train departure time is 9:50 at GCT or 10:00 at 125th St. This ride is 75% traffic free, and mostly in remote areas. Bring lunch, snacks, 2 spare tubes and plenty of water. One way train fare is \$10. There will be a brief lunch and rest stop. We want to get back to Manhattan around 5PM. Leaders Ken Williams and Wentworth Price.

**BICYCLE BEACH BUMS #3  
10AM, Prospect Park, 35 miles**

See July 8th for description. Leaders Alfredo Garcia and Phil Goldberg.

**Saturday, July 28th**

**THE FROZEN SEATPOST, THE 2007  
FROZEN DESSERTS RIDE**

**9AM, Bridgemarket, 50+ miles**

Ice cream, gelato, spumoni, tofutti, and maybe a sundae or two. I've been collecting my favorite outer-boro frozen delights over the years and want to present them to you, my friends. So what better way to burn off the calories than a bike ride? Join me for this sweet trip and we'll freeze our way around town. Bring a bag lunch and a camera. Your leaders are Danny Lieberman and Natalia Lincoln.

☺ **GREEN SPACES AND NICE ICES  
9AM, Kew Gardens, 30 miles**

We have pleasant riding through Eastern Queens neighborhoods and nearby Nassau county to one of the island's oldest state parks.

Stop at Guido's Deli for lunch, and later we will stop at "Nice Ices" on the way back. Moderate pace and flat terrain. Leaders Martial Henrys and Owens Ridges.

**Sunday, July 29th**

☺ **BICYCLE BEACH BUMS #4  
10AM, Prospect Park, 35 miles**

See July 8th for description. Leaders Danny Lieberman and Bob Castro.

**Saturday, August 4th**

**"TRAINING" FROM SYOSSET RIDE  
7:15AM, Kew Gardens, 75 miles,  
Quick Spin 7:30AM, Penn Station, 50 miles**

Two separate starts for this "training" ride. August is hot! Cool off by taking your bike on the LIRR's special Bike Train to Syosset (arriving 8:15). The intrepid group leaving from Kew Gardens will meet you in Syosset. Together we ride to Huntington, Huntington Bay, Cold Spring Harbor, Oyster Bay and back to Queens. Note limited point/drop on this ride: you will be expected to follow the cue sheet. Multiple bailout points for the RR along the way. Quick Spin (15+mph) pace on the flats. Leaders Dennis Griffin and Neile Weissman.

**UP, UP, AND AWAY!**

**9:45AM, Cunningham Park, 35 miles**

Celebrate the history of aviation at a new museum, in Hicksville, LI. Bring \$10 admission (Imax theatre is extra). Lunch is available in the Red Planet Cafe. For more info see [cradleofaviation.org](http://cradleofaviation.org). The museum has a bike rack so bring a lock. Leaders Phil "Bike21" Goldberg and Bob Castro.

**Sunday, August 5th**

**SCENIC KATONAH, Quick Spin  
8AM, East 241st St & White Plains Rd, 70 miles**

This is a scenic and hilly ride through lower Westchester's most picturesque townships. A little bit of country just outside of the City. Bring or buy lunch. Leaders Jesse Brown and Rodney Millard.

**BICYCLE BEACH BUMS #5  
10AM, Prospect Park, 35 miles**

See July 8th for description. Leaders Rhonda Wittorf and Brian Hoberman.

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

Note: W Subway operates weekdays only

**Woodlawn**

Jerome Ave. and Bainbridge Ave., Bronx. Last stop on 4 subway



**Grand Concourse Closed to Traffic on Weekends**

**CAR-FREE SUNDAYS**

Bronx Borough Adolfo Carrion, Jr. is presenting "Bronx On The Move," A Series of Family Fitness Events, **between 170th Street & Mt. Eden Avenue** 10 a.m.-6-p.m. on the following dates:

June 3, 2007  
July 15, 2007  
August 12, 2007  
September 16, 2007  
October 7 (tentative)

Ride your bike, roller blade, or just stroll down the Grand Concourse and enjoy a day of family fun while you learn how to keep yourself and your family fit. For more information, call (718)590-3989 or visit

[ilovethebronx.com](http://ilovethebronx.com).







## Cycling Governors Island

This summer visitors will be allowed to ride bicycles, for the first time, on Governors Island .

The northern half of the Island, consisting of approximately 92 acres, has been designated as both a National Historic Landmark District and a New York City Historic District.

Governors Island's one-mile bike loop features vistas of the Lower Manhattan skyline and New York Harbor, views of Brooklyn's working waterfront and Staten Island's north shore and a unique view of the Statue of Liberty and Ellis Island.

Governors Island will be open to the general public Saturdays and Sundays, 10am-5pm, from June 2 to Sept. 2, 2007. Visitors to the Island can enjoy summer concerts and programs, picnic on the historic Parade Ground, relax under the trees in Colonel's Row, take a leisurely bike ride or a self guided tour of the historic district.

"Car-free space helps new cyclists build cycling skills & confidence and gets those new to biking comfortable on two-wheels, whatever their age. Transportation Alternatives applauds the Governors Island Preservation and Education Corporation for opening Governors Island to families looking for a safe place to pedal," says Transportation Alternatives' Executive Director Paul Steely White.

For more details, visit [www.govisland.com](http://www.govisland.com)

*Editor's Note: The 5BBC will visit Governors Island, on a July 14 ride, "Cats In The Cradle." led by Brian Hoberman & Ted Kushner. Be there.*

## Saturday, August 11th

### ☺ **TAKEN TO THE CLEANERS** 9:45AM, Prospect Park, 20 miles

Is there life on Mars? Where is the lost city of Atlantis? Does the Loch Ness monster really exist? How do clothes get dry cleaned? Now we attempt to answer the latter based on facts, not conjecture. If it's dry, do they use a liquid, and, what happens to that liquid? Does some character dump it down the sewer? Join us for a ride to Chip's Dry Cleaners in East Harlem as we iron out the answers to the mysteries of Dry Cleaning. Bring a lock and \$ for lunch at a local ethnic restaurant. Rain at start time cancels. Leaders Richard Sanford and others Jim Mallard.

### **ENDURANCE RIDE #1** **STATEN ISLAND EARLY PERIMETER** 4AM, South Ferry, 40+ miles

Early bird ride for those who want to do other things in the day. We take the 4:30AM boat to Staten Island. We'll take about 4 hours to ride around Staten Island, averaging about 12mph (note: leader will ride a sturdy touring road bike). Make sure you bike is in good order as being fit to do the ride within 3.5-4 hours. Bring food & water. 1st of 3 rides to be done within 24 hours. Leader Alfredo Garcia .

### **ENDURANCE RIDE #2** **SANDY HOOK** 10AM (yes, 10am for this date only), Pier 11, 23 miles

See July 7th for description. 2nd of 3 rides to be done within 24 hours. Leaders Alfredo Garcia, Phil Goldberg, David Seto.

### **ENDURANCE RIDE #3** **LINCOLN TUNNEL RUN THROUGH** 9:23PM, Columbus Circle (Merchant's Gate), 23 miles

Cycle to this annual night ride, going under that imbedded underwater worm, the Lincoln Tunnel. Beforehand we'll ride down Time's Square, up the west side greenway, and over the George Washington Bridge. Ride subject to cancellation by the Port Authority. Bring front and rear NON-BLINKING lights. No flashing. No backpacks or panniers. Ride should finish by 2AM, with optional breakfast. 3rd of 3 rides to be done within 24 hours. People who do all 3 will receive an award. Co-listed with NYCC. Leaders Alfredo Garcia, Ed Pino and Liz Baum.

## Sunday, August 12th

### ☺ **BICYCLE BEACH BUMS #6** 10AM, Prospect Park, 35 miles

See July 8th for description. Leaders Jim Zisfein and Marina Bekkerman.

### **STAATEN EYLANDT PERIMETER** 9AM, South Ferry, 40 miles 10AM, St George Ferry Terminal

The original "perimeter" ride, the trip around Staten Island is quiet and green, passing old and new neighborhoods. Lunch stop at Conference House park at New York City's southernmost point, facing Raritan Bay. Route contains both scenic greenways and busy streets. Leaders Ed DeFreitas, Jesse Brown and Rodney Millard.

## Saturday, August 18th

### ☺ **TO THE FRESH KILLS** 9:15AM, Doughnut Plant, 15-25 miles 9:45AM, South Ferry

See July 21st for description. Leaders Josh Gosciak and Alfredo Garcia.

## Sunday, August 19th

### ☺ **BICYCLE BEACH BUMS #7** 10AM, Prospect Park, 35 miles

See July 8th for description. Leaders Ed Ravin and Owens Ridges.

### **BROOKLYN SOJOURN** 9AM, City Hall, 40 miles

Electric cars aren't new. Beautiful brownstones not in the expected neighborhoods. Nothing weak about Weeksville. Lunch at Sheepshead Bay, and a piece of Brooklyn Dodger history. Maybe more stops in a Brooklyn Sojourn. Bring a lock and \$ for lunch. Moderate pace. Leaders Ed DeFreitas and others.

## Saturday, August 25th

### **BATHE IN BAYVILLE XX** 9:30AM, Cunningham Park, 55 miles

Join us on this perennial 5BBC summer favorite to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for a swim in Oyster Bay Harbor, and some sunbathing. Bring \$ for lunch or a bag lunch, bathing suit, towel, lock and an MTA bike pass. Rolling terrain and some steep climbs. Moderate pace. Leaders Ira Najowitz and Dennis Griffin.



## **SANDY HOOK**

**8AM (get there earlier, boat leaves at 8:15am), Pier 11, 23 miles**

See July 7th for description. Leaders Alfredo Garcia, Phil Goldberg, and David Seto.

**Sunday, August 26th**

☺ **BICYCLE BEACH BUMS #8**  
**10AM, Prospect Park, 35 miles**

The final ride in our summer series to the Rockaways. See July 8th for description. Leaders Rhonda Wittorf and Caryn Greenberg.

**MANHATTAN PERIMETER RIDE**  
**9AM, City Hall, 35 miles**

FREE PIZZA. Do we have your attention? This is the last of the perimeter series and we'll circle the island where it all started with \$24 worth of baubles. Today it wouldn't pay the brokers fee on your condo parking space. We'll zip up the west side greenway and lunch on the Harlem River. Trace the uneven shore back down the east side back to South Ferry, and on to the FREE PIZZA at the Perimeter Series Blow-out party. Leaders Ed DeFreitas, Jesse Brown and Rodney Millard.

**Saturday, September 1st**

**THE OLD PUT CENTURY ENCORE,**  
**Quick Spin**

**8AM, Jerome and Bainbridge Aves,**  
**100 miles**

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! (We are offering this ride again due to the response we got back in June.) Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, and \$ for Metro-North in case you need to leave early. Leaders: Jesse Brown and Jim Zisfein.

**Sunday, September 2nd**

☺ **FLAT ROCK NATURE PRESERVE**  
**9AM, City Hall, 35 miles**

This a bike to hike ride to a not well known but beautiful nature preserve. It's privately run,

includes a nature center and you can take lunch beside a pond and take an unsupervised nature hike. Bring a lock and lunch or \$ for it. Leaders Ed DeFreitas and others.

**Monday, September 3rd**

☺ **GATEWAY GETAWAY**  
**12:45PM, South Ferry, 25 miles**

Enjoy the views of the Narrows and New York Bay. Tour historic Fort Wadsworth, Miller Field and the natural habitat of the Great Kills National Park. We'll time our return for bay watching on the afternoon ferry. Bring a light, snack and a lock. Leaders Terry Chin and Ed DeFreitas.

**Saturday, September 8th**

**PIERMONT WITH BACKROADS**  
**9AM, Columbus Circle, 45 miles**

Tomorrow is the TA Century so let's do a short and fast ride to Piermont for some last minute conditioning. We will make a very short stop in town and then ride back early so we can have a great time on Sunday. Ride ends at the Manhattan side of the GW bridge. Bring or buy lunch. Leaders Alfredo Garcia and Danny Lieberman.

**Sunday, September 9th**

**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



Despite occasional problems and drawbacks, our NYC subway system gives service 24 hours a day, all year round. It's like no other train transportation system in the world. Some of us take the subway with our bikes to get to the start point of 5BBC rides.



**George Washington Bridge Bicycle /Ped Path Update:**

From Noah Budnick, Transportation Alternatives

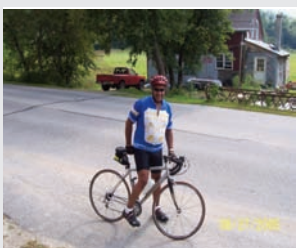
Beginning Saturday, June 2nd, the South sidewalk of the George Washington Bridge will reopen to pedestrians and cyclists everyday from 6 am to 12 midnight. The North sidewalk will be closed at all times. This change will stay in effect until on or about July 9th, 2007, when the South sidewalk will be closed for additional repairs.

*Editor's Note: The South sidewalk will reopen in a month or two.*

**RIDE WITH THE FIVE BOROUGH BICYCLE CLUB!**



Scenes from the Vermont Century weekend trip, Aug. 2005. 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](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*  
5BBC Weekend Trips Coordinator  
[Weekends@5BBC.org](mailto:Weekends@5BBC.org)

**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](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

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](mailto: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.

## New Addition to the Lineup!

### SEEKIN' HYDE PARK

Sept. 29-30 (Saturday morning to Sunday afternoon)

Trip No. SHP

Deposit \$100

Regular Price \$185

Early Bird Discount Price \$167

(Deadline Aug. 29)

Transportation: Metro North Railroad and self-contained

Lodging: College campus

Trip rating: B

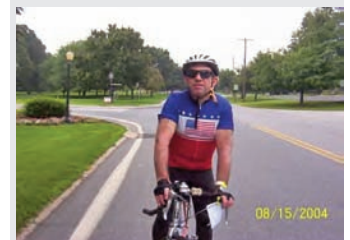
Mileage: 65 miles in 2 days, some hills

Leaders: Susan Levine and Stephen Jackel

Pack your panniers for a self-contained trip to the historic Hudson Valley. We'll head up on Saturday morning via train and over the course of the weekend will ride the highways and byways of beautiful Dutchess county to the Franklin D. Roosevelt presidential library and the estate of railroad magnate Cornelius Vanderbilt's grandson. Tours of both sites included. Sleep in style at a stately Tudor mansion on the campus of Vassar College. Expect to ride about 20-25 miles on Saturday -- from Beacon to Vassar, where we'll drop off our gear, have lunch and then continue to the FDR library. On Sunday, 40 hilly miles and the Vanderbilt tour before we head home by train from Poughkeepsie.

**Go on a 5BBC weekend trip. Maximum fun at a minimum of cost.**

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. Terry Chin at (718) 680-5227**

If we were in Italy, our club would be:



*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 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](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



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



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

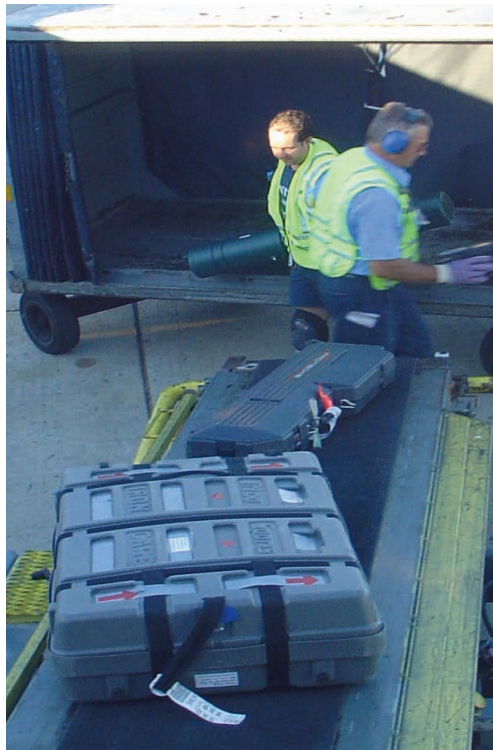
## Tour de l'Île de Montréal



In June 2003, the 5BBC had an extended weekend trip across the Canadian border to Montréal, Quebec. It was led by *Messieurs* Wentworth Price, Wally Stuck and Steve Sakson. A bus was chartered to bring trippers, bikes and their luggage. The highlight of the trip was participating in the annual Tour de l'Île, plus one-night and several day rides and evening strolls to Old Montréal.

**We could make it happen again for June 2008--Oui!**

Email *Monsieur* Steve Sakson, Weekend Trips Coordinator at [Weekends@5bbc.org](mailto:Weekends@5bbc.org). Voice your support to make Montréal part of the 2008 Weekend trip offerings.

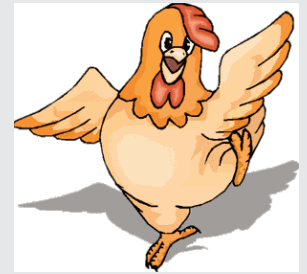


June 2005: Chicago's O'Hare International Airport. Our 5BBC bike box, arriving from Hawaii, is transferred to a connecting flight to Newark, NJ. A 5BBC member used bike box for a nice vacation in Maui.

## 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.

Here's how: Call (212) 932-02300 ext. 115 on Thursdays 7pm-9pm. Talk to Phil Goldberg 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 desposit. More details visit [www.5bbc.org/bikecase.shtml](http://www.5bbc.org/bikecase.shtml)



"I see humans living their lives like chickens. Most of us are too scared to do things that we really want to do. At one time, chickens were free, wild animals. Now they're raised in farms. Even care-free chickens belong to someone. Maybe if chickens can learn to ride bikes, they can learn to be free."

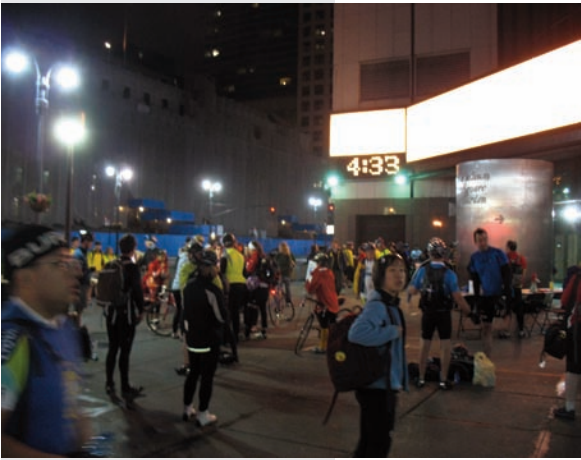
*Cache, Los Angeles bike messenger*



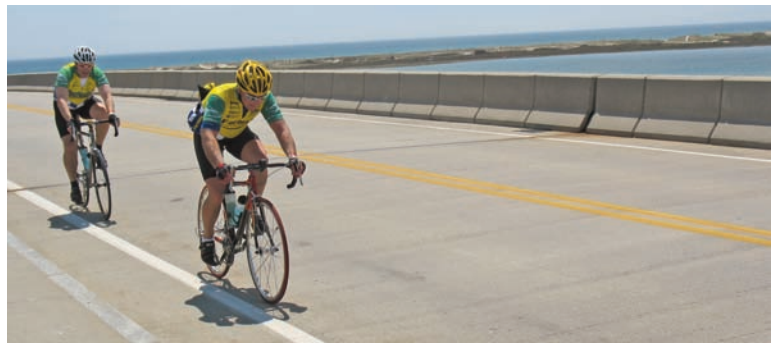
"Traffic congestion worldwide wastes billions of dollars and billions of gallons of fuel. Solving traffic congestion by building more roads is like trying to solve the obesity by loosening our belts. Again a preventative solution: switch short driving trips to bicycling trips. This is achievable; almost 50% of all driving trips are two miles or less in length. Bicycles are more efficient than cars; in the street space required to move or park one car, many tens of bicycles can be accommodated."

John Burke  
CEO, Trek Bicycles

# Montauk



4:33am Manhattan start, Penn Station. Cyclists have gathered in force!



Over the hump on Southampton's Ponquoque bridge.



*Hasta la vista, baby.* Montauk Penn Station Captain Steve Sakson announces the LIRR train to Babylon is ready to board.



Trucks, bikes, trains, helmets and people with a ride to do. Babylon LIRR station.

**Thanks to all volunteers who made the Montauk Century a great success.**



Corey Beach stop at Blue Point, NY. 5BBC leader Jonathan Friedman seen at center, red jersey. Susan Rodetis photo

**Congratulations to all metric, 100 mile and 140 mile finishers at the 2007 Five Borough Bicycle Club Montauk Century! You earned it.**



# Century



The indefatigable Trudy Hutter, leader, Weekday Cyclists.



Three pretty ladies, with beautiful riding jerseys, Westhampton Beach.

Andrea Retzky photo



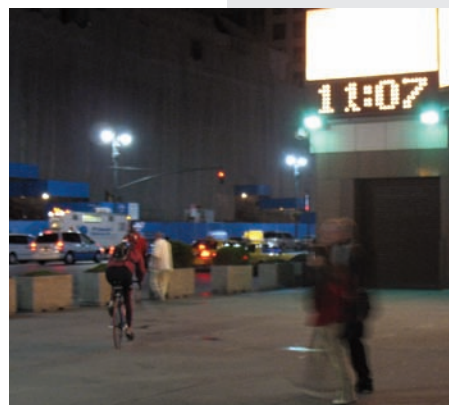
Martial Henrys, Richie McCauley and Kathleen Pryce at Water Mill, last stop before the end.



Last Montauk train of the day, leaving for Penn Station, Manhattan.



Woof! The Montauk dog (!!), who rode in a trailer with his master, 60+ miles to the Ruschmeyers finish. Woof, Woof!



Last cyclist returning from Montauk LIRR, going home at 11:07pm. We'll see you again in 2008!





**Friday Night Kripalu Yoga - Different Teacher each Week**

Would you like to stretch out that stiffness from long rides or simply have an easier time reaching your water bottle? For improving overall strength and flexibility, yoga is a great counterpart to cycling!

Start your weekend with a Kripalu yoga class, taught by a different teacher each week and organized by 5BBC member Lee Ilan. The class includes warm-ups, yoga postures, breathing techniques, and relaxation and is often followed by meditation, chanting, or discussion.

Kripalu yoga encourages self-compassion, a flowing breath, and being present in the body as you choose your level of physical intensity. The watchwords are Breathe, Relax, Feel, Watch, & Allow - in whatever posture you're in.

Both beginners and experienced students are welcome to enjoy an evening of movement and inspiration. Mats available, but please bring a towel to keep them clean. Wear or bring loose, comfortable clothing. Renovated studio has smooth wood floors and a place to change clothes. Cost per class is \$12, or buy a six-class card for \$65.

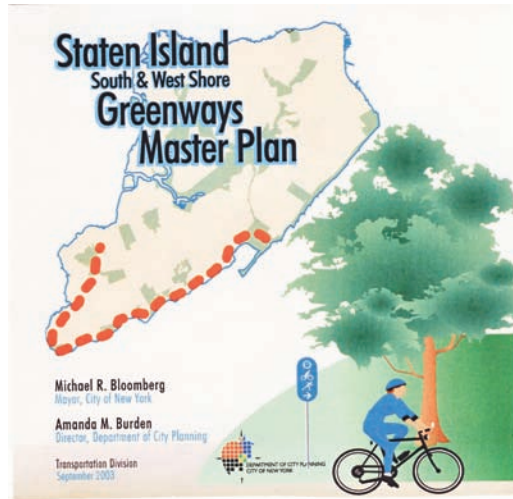
Time:  
Friday nights, 6:30-8:30 PM

Location:  
The Feldenkrais Institute  
134 West 26th Street, 2nd Floor (bet. 6th & 7th Ave's)

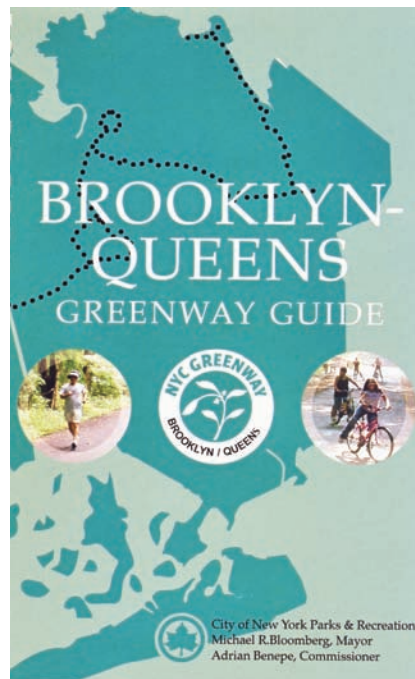
For more info, including the teaching schedule, dates of class cancellation, or to request a bulletin, call 212-591-1213 or see

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

## New York City Greenway Resources of Interest to Cyclists



The pdf on a CD outlines the plan for Staten Island bike & walking paths along the south and west shoreline of the borough. Available at the NYC Dept. of City Planning Book Store, 22 Reade St., Manhattan. Free.



First-ever hiking and biking guide of this recently developed 40-mile greenway from Brooklyn's Coney Island to Queens' Ft. Totten. Available as a 76-page booklet or pdf file from: [nycgovparks.org](http://nycgovparks.org) or call 311.

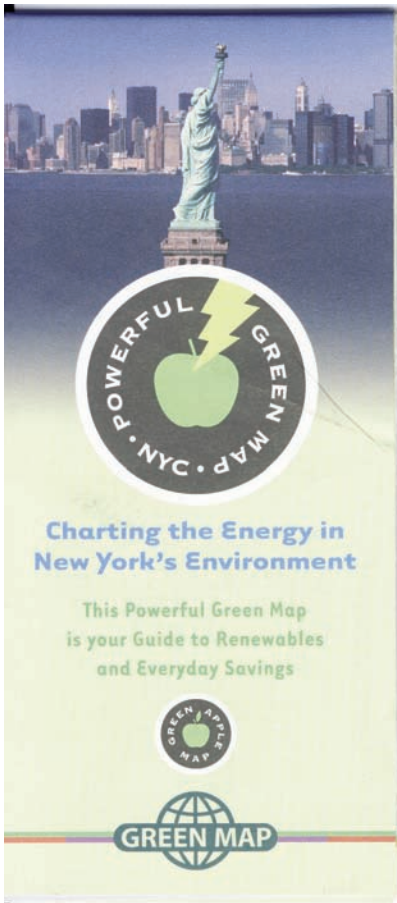


The Bronx River Alliance got BIG plans to return the Bronx River into a clean waterway, with parks and facilities for water sports, walking and cycling. Greenways are just a part of it. Information available on: [www.bronxriver.org](http://www.bronxriver.org).



This map is more of an outline of the current 32-mile greenway around Manhattan. There are future plans to expand into uncharted areas. Available at bike shops or visit [www.nyc.gov/html/dcp/html/mwfg/mwghome.shtml](http://www.nyc.gov/html/dcp/html/mwfg/mwghome.shtml). Link also has pdf greenway master plan.





Local mapmaker Wendy Brawer created this unique map of the city's ecological, environmental and green related positive aspects worth checking out. Available at your local Greenmarket or visit [www.greenapplemap.org](http://www.greenapplemap.org)



Besides greenways, the NYC bike map has suggested bike routes in the five boroughs and more. Annually updated. Free. Available at bike shops, call 311 or visit [www.nyc.gov/dot](http://www.nyc.gov/dot)



Hudson River Park created a map of the Manhattan's West Side Greenway from Riverside Park South and Battery Park City. Available online at [www.hudsonriverpark.org](http://www.hudsonriverpark.org)



Although for hikers, this map details the green area of northeastern Manhattan, the Harlem River area. Bridges, greenways history of the area and communities are discussed. Companion to cycling or hiking the Harlem River Greenway. Available from [www.shorewalkers.org](http://www.shorewalkers.org). \$5.

## 5BBC Bicycle Beach Bums



Marilu Wallace design, circa 1992

Want to spend a quiet Sunday riding to the Rockaways and relax at Neponsit Beach in the Atlantic Ocean? Plus a chance to take a look at feral Monk Parakeets on the way back? Then join us on our Bicycle Beach Bum Series.

It meets on Sundays, 10am, Prospect Park, Brooklyn. Bring sunscreen, sunglasses, a cap, water, towel and swimwear for a swell time.

### Ride Dates

- July 8
- July 15
- July 22
- July 29
- August 5
- August 12
- August 19
- August 26



Hi Cyclists. We're Monk Parakeets from the great boro of Brooklyn. After you ride the Beach Bums and took a dip in the Atlantic, spin by Brooklyn College and see us. We'll be waiting for you.....



## Guidelines for the Pastoral Care of the Road

The Vatican on June 19 issued a Ten Commandments for drivers of the world advising them to act responsibly and avoid getting into accidents with themselves and other road users like pedestrians and cyclists:

1. You shall not kill.
  2. The road shall be for you a means of communion between people and not of mortal harm.
  3. Courtesy, uprightness and prudence will help you deal with unforeseen events.
  4. Be charitable and help your neighbor in need, esp. victims of accidents.
  5. Cars shall not be for you, an expression of power and domination, and an occasion of sin.
  6. Charitably convince the young and not-so-young not to drive when they are not in a fitting condition to do so.
  7. Support the families of accident victims
  8. Bring guilty motorists and their victims together, at the appropriate time, so that they can undergo the liberating experience of forgiveness.
  9. On the road, protect the more vulnerable party.
  10. Feel responsible toward others.
- This can be a good thing for people of all faiths and creeds to follow, not just Catholics, for drivers to act courteously and save lives, like cyclists using the same roads they drive on.



Keeping cool under shade of trees at Soundview Park. Josh Gosiak (3rd from Right) leads his "Bureks in the Bronx" ride.

## Cycling in Summer

by *Alfredo Garcia*

We do the two-minute bike check before riding. But Summer, unlike other seasons, presents itself with high temperatures, strong sunlight, damning heat and not-so-clean air that can affect our health, if we don't prepare.

Here's a few simple things you can do:

**APPLY SUNSCREEN** to your exposed skin at least 30 minutes before you go out. The ingredients in sunscreen take time to set in your skin, provides protection against sunburn. Use a sunscreen that guards against UVA & UVB (two types of ultraviolet light that burns skin) having an SPF rating of 30 or better. Follow instructions. Also **APPLY LIP BALM** to protect your kisser.

**WEAR A BIKE CAP** under your helmet. Sun rays can go through ventilation holes in your helmet, burning your exposed scalp.

**HYDRATE.** Drink water--bring lots of it, drink before, during and after riding. Lots would mean two full bottles attached to

your bike frame. Or use a hydration device, such as a Camelbak, a backpack type of carrying water with a drinking tube. Take advantage of timely water, deli & rest stops.

Protect your eyes--**WEAR A GOOD PAIR OF SUNGLASSES.** The consequences are not worth cataracts or rare cancers of the eye. Your life is important.

Beware of the air you breath outside. There is pollution, whether it may be ozone, fuel exhaust, smog, etc., that will affect your breathing. If you suffer from respiratory ailments, such as asthma, bring appropriate medicine, such as an inhaler. **RIDE AT A COMFORTABLE PACE AND DRINK WATER TO PREVENT LABORED BREATHING AND DEHYDRATION.**

Learn about important health factors like **AIR QUALITY INDEX, UV INDEX and HEAT INDEX.** Find out by reading the weather report in the local papers, the internet and television, esp. forecasts from network and cable stations. Educate yourself. When you seek health advise, consult a medical professional, such as your doctor. Ride safe and enjoy!



# Congratulations to Four New 5BBC Ride Leaders for 2007!



John Chiarella submitted photo

The Leadership Training Class of 2007, Stuyvesant, NY with students and instructors: Top row: John Chiarella, Danny Lieberman. Middle row: Maggie Clarke, Ed Pino (Leadership coordinator), Andrea Mercado, Maria Cummings, Steven Libby, Liz Baum (Leadership Coordinator), Steve Taylor, Fred Dieckamp. Bottom row: Robert Eberwein, Ira Najowitz.



Danny Lieberman photos (3 of them)



The Five Borough Bicycle Club welcomes these fine individuals who completed the Leadership Class:

Maggie Clarke  
Fred Dieckamp  
Robert Eberwein  
Steven Libby

Be sure to join them on 5BBC rides that they will lead in the future.

## 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 interests. 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.

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



5BBC Leader Josh Gosiak (L)

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.

Take the 5BBC Leadership course and make a difference. See details for the next class in 2008 .





With the Abora 3.

## Musings of A Bicycletter Man

Our Montauk Century was a success. Thanks to the volunteers who made it so. And to the riders who participated.

Summer is indeed here. Put your helmet on and let's go for a bike ride! We have lots of trips to plan your weekends around.

It was hard, but it was also a labor of love producing this 28-page issue, making it the largest Bicycletter yet. Enjoy, for your off-the-bike reading pleasure.

*Alfredo Garcia*  
Editor  
Bicycletter

**America By Bike**  
Varied choice of long distance bike trips to tour these United States.  
[www.abbike.com](http://www.abbike.com)



Abora 2 on the West Side Greenway, New York, NY

## Did You See That Funny-Looking Ship on the Greenway?

Since May, two vessels made of packed reeds were displayed and anchored on different sides of the Hudson River. In Manhattan, it was the Abora 2. On the Jersey side, in Liberty Harbor, it was the Abora 3. German experimental archaeologist Dominique Goerlitz wants to prove pre-historic people, some 10,000 years ago sailed from the New World across the Atlantic to Europe. He successfully led a cruise in the Mediterranean Sea with the Abora 2. Now with the larger, sea-going Abora 3, he hopes to sail to Spain from New York. It's a little strange fathoming his theories, but Goerlitz has guts & conviction to carry out his mission. Ride your bike to see the ships. The Abora 3 will leave July 8. For more info visit [www.abora3.com](http://www.abora3.com).



Abora 3 docked at Liberty Harbor, Jersey City, NJ



Photo submitted by Susan Rodetis

From one ship to another, leaders Susan Rodetis, Jonathan Friedman and Dennis Griffin with their group aboard a ferry, with stowed bikes, between Long Island and Connecticut during the *Shore to Shore* weekend trip. June 2007. A 5BBC moment to remember





Kathleen Pryce Photo

How Green Was My Valley--Oh, The Bovine! Name this familiar cyclist and win a small prize. All members except Kathleen Pryce are eligible to enter contest. Send your guess (one name only--first correct guess wins) by writing a brief and short email to: [newsletter@5bbc.org](mailto:newsletter@5bbc.org), by August 23. Void where prohibited. Good luck!

## NYC, DOT and Company Give FREE Bike Helmets



NYC Transportation Commissioner Janette Sadik-Khan joined Parks and Recreation Commissioner Adrian Benepe to unveil the official New York City bicycle helmet — created by NYC & Company, the official marketing and tourism organization for the city. On Saturday June 16, the Department of Transportation distributed 1,000 free NYC helmets in Central Park.

The GET FIT-TED campaign is a collaborative effort to raise consumer awareness and promote bicycling in all five boroughs. The new NYC helmets offer riders safety and a unique urban style. Criss-crossed by an abstracted street grid, the bright red helmet is a stylish reminder that bikes have an important place on the city's streets. The simple yet modern design also speaks to the speed and flexibility bicycles offer as a mode of metropolitan transportation.


"New York City is one of the best cycling cities in the world and thanks to our friends at Target thousands of New Yorkers will be safer on their bikes" said Commissioner Sadik-Khan. "We're working hard to expand the city's cycling network and I hope to see a lot of red helmets on our streets and greenways this summer."

While supplies last, NYC helmets, which come in adult and children sizes, will be fitted and distributed, free of charge, at community events and at the DOT' Safety City locations. Anyone interested in obtaining a free NYC helmet can call 311 to schedule a fitting at a DOT Safety City location.

For more information, visit: [www.nyc.gov/html/dot/html/bikeped/officialhelmet.html](http://www.nyc.gov/html/dot/html/bikeped/officialhelmet.html)

**30, GOING ON 100.**

**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**

THE ADVOCATES FOR BICYCLING, WALKING AND SENSIBLE TRANSPORTATION.

## Summer's Most Scenic Ride

**HARLEM VALLEY RAIL RIDE**  
Sunday, July 29, 2007  
Start/Finish: Millerton, New York  
[www.BikeNewYork.org](http://www.BikeNewYork.org)



A Bike New York event produced in association with the Harlem Valley Rail Trail Association.



## The Remarkable Louis Berardinucci



If you come on a short 5BBC ride, esp. a Brooklyn one, you might see Louis with his self-crafted bicycle. These pictures were taken on June 17, Ed Pino's & Liz Baum's annual Father's Day ride to Coney Island. In a few months, Louis will be 90 years young! May God bless Louis. May he stay in good health and continue cycling in peace.



## Letter to the Editor

It has come to my attention that at the March executive board meeting of the Five Borough Bicycle Club, the Club, they revoked the membership of Glen Goldstein in the Five Borough Bicycle Club.

I seem to remember when the club was formed over seventeen years ago that a clause was put into the by-laws of the club to enable the club to revoke an individual's membership in the club if their behavior or actions were deemed dangerous or harmful to the club and its members.

What I did not realize was that personal animosity was one of the criteria to revoke an individual's membership in the club.

From the information I have gathered, some of the members of the executive committee of the Club were displeased with Glen Goldstein and his contract with the club to run the Montauk Century. Later a very serious

accusation was leveled at Glen Goldstein for theft from the Club. This accusation was later determined to be untrue. However, to the best of my knowledge, there was never a formal apology from the executive committee to Glen Goldstein for this very serious false accusation.

Instead, due to the ill will that this episode generated on both sides, the situation escalated to the point where there was a law suit, which was settled but at a cost of several thousands of dollars to the Club.

It is sad to see that the bike club that is suppose to be the "friendliest bike club" has come down to revoking membership and spending several thousand of dollars on a lawsuit for a situation that might have been resolved with a formal apology to the falsely accused.

In closing I would say that it is a sad state of affairs that the Five Borough Bicycle Club is in its current situation. I know that if Paul Sullivan were still here today, he would disapprove of the actions of both the executive board and Glen Goldstein, as I do and I am sure that other members of the club do as well.

Sincerely,

Henry Chin  
New York, NY





## 23 Seconds With: Jonathan Friedman

Occupation  
Biotech CTO

**How did you know about the 5BBC?**  
I found out about 5BBC on-line after my first NYC century. The 145-mile Montauk ride sounded interesting and I saw that there were several weekly rides as well.

**What motivated you to become a 5BBC leader?**

After having been on several rides, I found that some of my favorite Connecticut routes were accessible by using Metro North trains & thought I could add these to the ride libraries. The leadership class was a lot of fun & it's always fun to help out as a co-leader as well.

**What is your favorite group ride? Event ride?**

I like rides that have long downhill through shady wooded areas, like the descents before Storm King, or after climbing Bear Mountain . . . or also those that go through wooded areas alongside rivers and lakes.

I haven't yet tried an event ride that I haven't liked, so it's tough to pick a favorite. Each of the event rides has had its share of memorable moments.

**Favorite bicycle?**

Road bikes of all ilks (especially the mythical one with a speedometer that can go 1 mph faster than the one I have now).

As a 5BBC member and leader, you're also a NYCC member and an A-SIG graduate. How can you ride 20+ mph on a strenuous Cycle Club ride one day and then do an easy 5BBC ride like the Frostbite series the next? You seem to enjoy the best of both worlds.

Slower rides give a chance for recovery and an opportunity to catch up with friends who choose not to go on the faster rides.

Some days, I need to get back earlier though, and so it's also nice to have slightly faster rides that return sooner.

*Thanks Jonathan and best of luck on your move to Philadelphia. You will be missed. Hope to see you at Bike New York.*



Visit [Hotvelociti.com](http://Hotvelociti.com), owned by 5BBC member Jennifer Benepe. Check out the unique selection of cycling jerseys (seen below) and more.



**Edward Pino**  
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New York, NY 10025

By Appointment  
Phone:  
(646) 734-7114

Email:  
[edpino@mac.com](mailto:edpino@mac.com)

To The 5BBC:

After 6 very enjoyable years of offering clients messages, I have just recently closed up shop. This development results from my pursuit of an entirely different and exciting opportunity. Many thanks for your years of support

**Seth Asher**  
Licensed Message  
Therapist and  
5BBC member



"Why you silly bloke..."

### Lynette Chiang Dazzles the 5BBC

At the June 11 general meeting, with a nearly packed audience, Bike Friday representative, 'failed hippie' and adventure cyclist Lynette Chiang gave a lively, friendly and funny discussion on cycling, Bike Fridays with a brief show of her film, "Route 66 by Bicycle." She also wrote a bike travel book, called "The Handsomest Man in Cuba." For more information about Lynette, Bike Fridays and other cycling stuff, visit [www.galfromdownunder.com](http://www.galfromdownunder.com)



"Isn't that wonderful?"

Also at the same meeting, B-Fold bike shop owner David Lam, offered 5BBC members a 5% discount on Bike Fridays until Dec. 31, 2007. For more details, visit B-Fold at 224 East 13th St. in Manhattan or the web at [www.bfold.com](http://www.bfold.com) and [www.bikefriday.com](http://www.bikefriday.com)



I Want Bike Friday!  
I Want Bike Friday!  
I Want Bike Friday!  
I Want Bike Friday!  
I Want Bike Friday!  
I Want Bike Friday!

### How to Fix A Flat Class



Check this out--two guys on the Bridges of New York ride utilized a pedestrian/bike sign post as a makeshift bike repair stand, to fix a flat on Roosevelt Island.

Dates: Wednesdays July 11 and August 8  
Time: 6:00 PM to 8:00 PM  
Place: Hostelling International, 891 Amsterdam Ave. (103rd Street), Manhattan, in the back yard.

Learn to change a flat tire and feel confident on the road. This hands-on class will help you learn how to change your tube and what tools to carry. (Hint: a spare tube or patch kit, tire levers, and a pump.)

Fee: \$20 for 5BBC members, \$30 for non-members.  
Advance registration is required.  
Register online or fill out and mail form on page 26.

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



Flex your muscles--Ride with the 5BBC!

# LETS RIDE!



Looking for a way to get out and ride your mountain bike on trails? Visit [www.NYCMTB.com](http://www.NYCMTB.com) where you'll find a community of like-minded riders who love to put knobby rubber on dirt. From casual riders to XC racers, freeriders and dirt jumpers, NYCMTB represents a broad cross-section of the city's mountain biking community. We've been working for two years with New York City Parks to build the first legal mountain bike trails in Manhattan and Queens, and we're actively programming mountain bike-related events throughout the city. Visit our forum for daily updates, check out our Ride Guide for information on regional trails (including how to get there via public transportation), and get a taste of the trails through videos and photos on our Media page. Don't feel trapped in the city. Visit [www.NYCMTB.com](http://www.NYCMTB.com) and get out and ride!



NEW YORK CITY MOUNTAIN BIKE ASSOCIATION

*Editor's Note: Due to efforts of city government and the NYCMTB, there are three public recreation areas for mountain biking: a) Manhattan's Highbridge Park (Inwood), b) Queens' Cunningham Park, and c) Staten Island's Wolfe's Pond Park. For more information, visit [www.nycmtb.com](http://www.nycmtb.com).*



"You got my phone number right? Email?"

Seen smiling and leading a 5BBC ride--Ed Pino on his June 17 Coney Island ride. He arrived at the Brooklyn Bridge by 10:23am. John Chiarella brings up the rear, also with a smile.



# 5BBC Milestones

Sharon Behnke  
60th Birthday



*Having her cake and eating it, too*

Club leader and executive board member at large Sharon Behnke celebrated her 60th birthday at the Woolworth Tower Kitchen, on June 15. She had many well-wishers, including daughter Amy, son Todd, and 5BBC friends like Mary O'Neil, Susan Rodetis, Tod Moore, Phil Goldberg and Mary Martinez. Sharon got as a gift a GPS device, which would help on auto trips, maybe bike rides.

The 5BBC bestows best wishes plus more kind and wonderful years for Sharon.



Posing again with the town sign for the second year in a row, Raleigh Kelly ponders a brief moment before finishing the Montauk Century again. Let us wish Captain Kelly, a US Marine, going into harm's way, to serve a tour of duty in Iraq. Let's pray he comes back well, to his family and start riding again with us.

## Peter Engel and Lee Ilan Special Plans for Future



*Two hearts beat as one*

5BBC members Lee Ilan and Peter Engel have announced their engagement to marry.

Lee is a long-time 5BBC member. She comes on various day trips, a constant helpful volunteer for bike events such as Bike New York and the TA Century. Riding a bike to work, she practices yoga and sings in a choir to astounding joy.

Peter, exemplary 2004-5 Bicycletter editor, helped with this year's Montauk Century. Peter also wrote articles about riding Critical Mass in Manhattan and his experiences getting a questionable NYPD traffic ticket as a result. With measured patience, he successfully had it dismissed in court.

Photo above was taken at the 5BBC holiday party at the Woolworth Tower Kitchen last Dec. 9.

The 5BBC wishes both Peter and Lee many good and happy years together.

**“The secret of health for both mind and body is not to mourn for the past, not to worry for the future, or not to anticipate trouble, but to live in the present moment wisely and earnestly.”**

Buddha



Stan Oldak  
1947-2007

With great sadness, the Five Borough Bike Club gives condolences to the New York Cycle Club, on the death of Stan Oldak.

Stan was killed by a moving vehicle in Texas, on a brevet ride, some time in May. He would be on his way to qualify for the 1200k Paris Brest Paris brevet.

A long-time NYCC member, Stan was a ride leader and served a term as President. He also created a youth program to teach young people cycling skills.

Very persistent through the years, severe injuries, like a broken hip and knee problems didn't prevent him from riding the bicycle.

Stan was more than just a cyclist. He was a dentist who served in the Army, donated his skills to help people of hardship in places like Alaska and was a college professor and mentor to students. Stan was also a loving father.

A Renaissance man, Stan was an accomplished artist, a fine photographer and was learning to play the cello.

He is survived by a son, daughter and his Dad. We extend our condolences to them

Irregardless of bike clubs, Stan Oldak was a cyclist and a gentleman.



**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.

**Waiver and Release of Claims**  
 Required for 5BBC Membership

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

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

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

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

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

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

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

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

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

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

Parent's or Guardian's Name (Please print) \_\_\_\_\_  
 Parent's or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Payment**

**5BBC Membership**  
 Individual \$20, Dual \$25.....\$ \_\_\_\_\_  
 Dual Memberships: two persons at same address.  
 All memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

**Weekend Trip - Name**

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

**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

**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

**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

*If you're interested in a Bike Friday, David Lam of B-Fold offers a 5% discount if you buy from him.*



#### **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

**Strickland's Bicycles**  
507 Main Street  
Fort Lee, NJ 07024  
(201) 944-7074  
www.stricklandsbicycles.com

**New Bike Shop!:**  
**Continuum Cycles**  
Ave. B b/w 12th & 13th  
Streets.

New York, NY  
(212) 505-8785  
Co-owned by 5BBC leader  
Dan Finton.

**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**

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

**Bellite Bicycles**  
169-20 Jamaica Avenue  
Jamaica NY 11432  
718-739-3795

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

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

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

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

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

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

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

#### **Long Island**

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

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

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

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

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

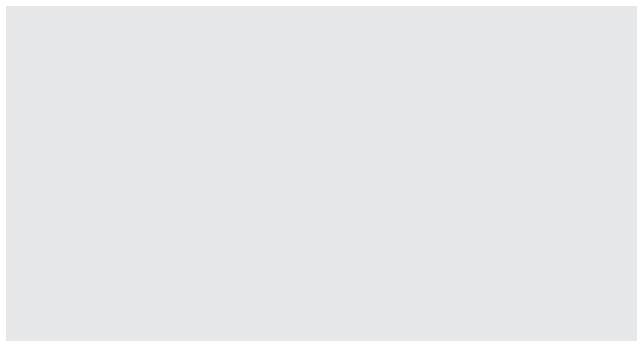
**Sayville Bike Works**  
75 Main Street  
West Sayville NY 11796  
631-589-0009

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



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

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## About the Five Borough Bicycle Club

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

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 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 September-October 2007 issue is:

Monday 6 August 2007

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Editor: Alfredo Garcia  
Assistant Editor: Brian Hoberman  
Special Thanks to: Phil Goldberg, Eliana Hecht

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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)