

B I C Y C L E € € R

Bi-Monthly Publication of the Five Borough Bicycle Club, New York, NY, USA
September - October 2007 Volume 17 Issue 5

By-Laws Amendment:

The current Board would also like you to vote to amend our bylaws to add Article VII(h) to permit us to hold Board meetings with parties attending in person, by teleconference or simultaneous electronic means.

This would make it easier to schedule meetings and would widen the pool of potential Board candidates to include those Club members who would find it difficult to physically attend monthly Board meetings.

This proposed amendment will open for discussion at the end of our Club's regular Monthly meeting, Sept. 17th.

Inside:



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Have you seen this man?

CALL FOR 2008 5BBC BOARD NOMINATIONS & PROPOSED AMENDMENT TO THE BY-LAWS



Each Fall, you elect 13 great men and women to the 5BBC Executive Board for the year term beginning December 1st. All members are eligible and encouraged to run for positions and vote. Each member has specific duties outlined below and the ones which require that you have successfully completed the Club's Leadership training course are asterisked below. In serving on the board, you support the club's mission to promote the benefits and fun of cycling in the New York City area. We meet once a month.

You can nominate yourself or someone else, by writing to us at vicepresident@5BBC.org (strongly preferred) or mail to: Five Borough Bicycle Club; Attn: Nominations; 891 Amsterdam Avenue, Room 002; New York, NY 10025-4403 or in person just before the beginning of the club's general meeting on Monday, October 15th. No nominations received by any means will be accepted if received after 7PM on the 15th.

Include the name of the nominee and another club member who seconds that nomination. Ballots will be mailed out and must be returned prior to the 7:00PM start of General Meeting on November 19th when they will be counted and the results announced.

Officers

President:* Presides at meetings; exerts overall responsibility for club matters.

Vice President:* Assists the President; may lead specific projects.

Recording Secretary:* Takes minutes of Executive Board meetings.

Corresponding Secretary:* Handles general club correspondence.

Treasurer:* Coordinates preparation of the budget and monitors spending.

Coordinators

Day Trips Coordinator:* Coordinates planning of, identifies leaders for and schedules day trips.

Weekend Trips Coordinator:* Coordinates planning of, identifies leaders for, schedules and budgets weekend trips.

Newsletter Editor: Edits/publishes bimonthly club publication, Bicycletter

Leadership Coordinator:* Organizes/conducts semi-annual leadership training course.

Special Events Coordinator: Coordinates the Montauk Century & major events.

Bicycle Course Coordinator: Plans and schedules repair courses & seminars.

Program Coordinator: Plans programs for club general meetings & special gatherings.

Communications Coordinator: Publicizes and promotes club activities to the public.

Before taking office, the President must have been a club member for two years or an Executive Board member for at least six months.



Mr. President

5BBC Executive Board 2007

- Ed DeFreitas**
President
president@5bbc.org
- Andrea Mercado**
Vice President
vicepresident@5bbc.org
- Ira Najowitz / John Chiarella**
Recording Secretary
recordingsecy@5bbc.org
- Brian Hoberman**
Corresponding Secretary
corresponding@5bbc.org
- Bob Castro / Phil Goldberg**
Treasurer
treasurer@5bbc.org
- Danny Lieberman**
Day Trips
daytrips@5bbc.org
- Steve Sakson**
Weekend Trips
weekends@5bbc.org
- Alfredo Garcia**
Bicycletter
newsletter@5bbc.org
- Ed Pino / Liz Baum**
Leadership
leadership@5bbc.org
- Jesse Brown**
Special Events
special-events@5bbc.org
- Barry Hartglass**
Programs
programs@5bbc.org
- Beth Katz**
Bicycle Course
bikecourse@5bbc.org
- Ted M. Kushner**
Communications
communications@5bbc.org
- Jim Zisfein**
Webmaster / Member-At-Large
webmaster@5bbc.org
- Sharon Behnke, Maria Cummings, Ed Ravin, Leila Rinehart, Pamela Sheridan & Rhonda Wittorf**
Members-At-Large
info@5bbc.org

☺ ☺ Don't Worry, Be Happy ☺ ☺

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

Bicycle Helmet Standards

“Snell” refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the



2007 Giro “lonos” bike helmet

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.

5BBC General Meetings

Core Muscle Activation for Cyclists

Monday September 17, 6:15-8:00 PM



Location: Lenox Hill Community Medical Group, 215 East 95th St., Manhattan. Subway: 6 to 96th St. Indoor bike parking available.

When we think about core strength – if we think about core strength! – we think about “washboard” abdominals. They may get you a date, but it won't get you stability, endurance and power on the bike, or prevent injury. For that you need the “core” muscles. How to activate them, without gaining bulk, is the topic for the evening, with presenters Bob Nelson, Seth Greiner and Amy McGorry, all physical therapists at H & D Physical Therapy in Manhattan (www.hdphysicaltherapy.com).

Bob, Seth and Amy have developed a set of exercises that will help cyclists maintain an efficient position on the bike and use core muscles to power the pedal stroke, resulting in a lower incidence of injury. The exercises, done with a physioball and stretch cord, were designed for triathletes but are suitable for a number of different sports. They have adapted their program for cycling, and are working on a version for golf. A free brochure describing the exercises for cyclists will be available at the exercise demonstration.

The off season is the perfect time to start using this exercise program to train the core. Cyclists of all levels are invited.

Thirty Days Down Under!

Monday, October 15, 6:30 to 8:30 PM



Taking a break, over Byron Bay, Australia

Location: Lower Manhattan Business Improvement District, 104 Washington St., Manhattan. Subway: 1 R W to Rector St. or 4 5 to Wall St. Bikes can be locked up outside building, which houses a NYPD substation.

G'day Mates! Hop on your “push bike,” and join 5BBC leader Richard Sanford for his Australian adventure. His 600 mile, 30 day journey took place during Australia's summer months, and early into the fall, from March 10 to April 10 of 2006. His touring along Australia's east coast had him coming face to face with kangaroos, and koalas, catching the strangest thief imaginable, and riding along beaches like Surfers Paradise, and Byron Bay. Part of Richard's time also combined days of city cycling, a train ride into the outback and a bus ride, with bike. Melbourne turned out to be a cyclist's dream. Find out what new foods he discovered, how Australians spend their free time and some of the things that make life “down under” distinct.

Authentic Australian refreshments will be served!

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.mtanyct.info/customerselection.asp>. Weblink: www.mta.nyc.ny.us/nyc/safety/bike/

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

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

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

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

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

New Jersey Transit (NJR) Bikes Aboard Program

A bike permit is no longer needed!

Specific restrictions apply when you take your bicycle on New Jersey Transit. For info, please call (973) 762-5100 or visit www.njtransit.com/cs-ride_bike.shtm

Port Authority Trans Hudson (PATH)

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

Meeting Places for Day Trips and General Meetings

Note: W subway runs on weekdays only

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

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

Eastchester
Dyre Ave. at 233rd St.,
Bronx. Subway 5 to last stop
(not Nereid Ave.)

**George Washington Bridge
Bus Station**
Fort Washington Ave. at
178th St. (northeast corner),
Manhattan. A to 185th St., 1
to 181st St.

Day Tripper



Susan Rodetis photo

The Fall season is sprinkled with some of the great annual classics, from the NYC Century ride in early September to the Tour de Bronx as the closer in October. In the meantime, our club offers you alternatives to every single event worthy of your consideration.

For one thing we have a slew of new original rides from some of this year's new leader graduates. Please encourage these new leaders by showing up for their rides. They want to give back to the club and I'm sure their rides will help inspire some of you to one day, take the leadership class for yourselves.

In addition, we have some returning favorites to offer. Consider the Bear Mountain Metric Century ride, the ride to the Oyster Bay Oyster Festival, and the relatively new Scenic Katonah, all rides that will emphasize the Fall foliage.

Danny Lieberman
5BBC Day Trips Coordinator

September - October 2007 Day Trips

Saturday, September 1st

**THE OLD PUT CENTURY ENCORE
Quick Spin 8AM, Woodlawn, 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 with MTA Bike Permit 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

**NORTHVALE INSTEAD OF
PIERMONT
9AM, Columbus Circle, 45 miles**

Tomorrow is the TA Century and we we're going to head over to the Northvale Diner for a quick trip around and back. We were originally planning to head over to Piermont but the town decided they were going to have a parade and close all the roads, so we've adjusted the ride to Northvale. It's just about 45 miles total round trip, enough to get warmed up for the big ride tomorrow without wearing you out. Bring a lock and a few \$ for diner lunch. Leaders Danny Lieberman and Fred Dieckamp.

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.

Saturday, September 15th

LOTTERY RIDE, THE DIRECTOR'S CUT 8AM, AYH, 70 miles

Interest in this ride has peaked since Jesse won \$500 with a ticket he bought recently. Will you be the next winner? There's only one way to find out: join the brigade that rides up and down the many hills between New Jersey, New York, and Connecticut. Quick spin pace of about 18mph. Hilly terrain. Bring a lock, \$ for lunch and lottery tickets. Leaders Jesse Brown and Rodney Millard.

☺ DESIGN FOR THE OTHER 90% 9:30AM, Prospect Park, 20 miles

Nearly 90% of the world's population does not have the products and services that we take for granted. Nearly half the world does not have access to clean water, food, and shelter. "Design for the other 90%", a fascinating exhibit at the Cooper-Hewitt Museum of Design in NYC, explores 30 projects among designers, engineers, and social entrepreneurs that come up with unique solutions. So what about the bicycle? You'll be amazed! Bring lock, \$12 for museum admission, and \$ for lunch at a local eatery. Rain at start cancels. Leaders Richard Sanford and Jim Mallard.

Sunday, September 16th

☺ HISTORIC HOUSES OF BROOKLYN

9:30AM, Prospect Park, 21 miles
Cycle to the historic houses of Brooklyn. Visit market day at the Pieter Claesen Wyckoff House, fruit and vegetables grown on site! 21 miles of flat city cycling. Bring water and \$ for lunch and museum admission. Kick-off ride of the series. More info at historichousetrust.org. Leaders Fred Dieckamp and Steven Libby.

☺ TO AN ABANDONED VILLAGE 9:45AM, Grand Central, 20 miles

A ride only a kid would love. We'll voyage to where no roads go, an abandoned seaside village off the coast of Stratford, Connecticut. Be forewarned, depending on the tides we may portage bikes along a narrow spit of beach that goes to the village, the only access since the bridge was closed. This is a mile in each direction. Before we get there we'll have lunch with time for sun and surf. Bring MTA Bike Permit, locks, bag lunch or \$ for it. We should be back by 6:20PM depending on the tides. Note this is a family ride, so you are encouraged

to bring the kids. Email Josh for further information: joshgo@awild.com. Leaders Josh Gosciak and Marina Bekkerman.

Saturday, September 22nd

REMEMBRANCE DAY RIDE 9AM, Doughnut Plant, 30 miles

We'll travel lightly through Williamsburg to Sheepshead Bay, where we'll place stones on the Holocaust memorial in observance of Yom Kippur. Then we'll ceremoniously lift the veil, close the book, wash our hands of it (in the nearby ocean), and head over to Totonno's Pizzeria for lunch. (Those observing: we'll be back in the city by 3PM, in time to hear the shofar and break the fast.) Leaders Josh Gosciak and others.

Sunday, September 23rd

☺ HISTORIC HOUSES OF QUEENS 9:30AM, Kew Gardens, 26 miles

Cycle to the historic houses of Queens. We will visit the Queens County Farm Museum, one of the last working farms in NYC. 26 miles of mostly flat city cycling. Bring water and \$ for lunch and farm tour. Second ride of the series. More info at historichousetrust.org. Leaders Fred Dieckamp and Lee Ann Van Wyck.

Saturday, September 29th

EAST ISLAND 9:30AM, Cunningham Park, 50 miles

Come on a scenic fall ride to East Island in Glen Cove on Long Island's North Shore. Formerly J.P. Morgan Jr's estate and the great Brooklyn Dodger catcher Roy Campanella also lived there. If the weather is warm we'll eat lunch at Pryibil Beach and return via Sea Cliff. Great views of Long Island Sound are guaranteed. Moderate pace. Rolling terrain with some steep climbs. Leaders Ira Najowitz and John Chiarella.

Sunday, September 30th

SANDY HOOK 7:30AM, Pier 11, 23 miles

Last Seastreak cruise for the year and we're going. Nice stretches, with some busy traffic and some hills. We'll go through several Monmouth county towns, plus selected sights. Bring \$39 for round-trip fare, sunglasses, sunscreen, lock, \$ for lunch and swim gear for North Beach, maybe a camera. Make sure your bike is in good

Meeting Places for Day Trips and General Meetings

Note: W subway runs on 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.



Detail, Statue of Civic Virtue

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
Corner 8th Ave. & 31st St., 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.

Meeting Places for Day Trips and General Meetings (concluded)

Note: W subway operates weekdays only.

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

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

Woodlawn

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

World Trade Center

PATH station entrance (top of stairs), Church St. at Fulton St., Manhattan. Subway A C E to Chambers St./World Trade Center, 1 to Chambers or Rector streets., 2 3 to Park Pl., 4 5 to Fulton St.

**August 11, 2007
Lincoln Tunnel Run.
Photos by
Danny Lieberman.**



Ride leaders: Liz Baum, Mark Trainor (NYCC), Ed Pino & Alfredo Garcia.



Three of the four leaders with new 5BBC leader Fred Dieckamp (right)

condition. Minimum pace 12mph. Leaders Alfredo Garcia and others.

THE OLD PUT METRIC CENTURY TO YORKTOWN HEIGHTS 8AM, Woodlawn, 66 miles

This is a regular point-drop-sweep metric century version of the popular new "old put" quick spin full century (see Sept 1st). Come enjoy the fall colors, support the rail-to-trail movement. Bring lunch or \$ for it and your MTA bike pass just in case. Leaders Ed Defreitas and Jesse Brown.

FIVE TOWNS RIDE 9AM, Doughnut Plant, 50 miles

Can you name all five of the five towns? We'll trip through Queens and these nearby and scenic suburbs, enjoying the fall foliage. Mostly flat terrain and scenic backroads. Moderate pace. Bring a lock and \$ for lunch. Leaders Danny Lieberman and Rhonda Wittorf.

Saturday, October 6th

TEATOWN LAKE BIKE/HIKE 8:25AM, Grand Central, 26 very hilly miles

For those of you who have done my ride to Chappaqua, this will seem familiar, but with an added attraction: quality time at Teatown Lake Reservation (teatown.org) in Ossining for some hiking. While the ride starts at Croton-Harmon, to allow for hiking time, the ride will end in Bedford Hills, after 26 miles. For those of you not familiar with this terrain it is VERY HILLY, though we will take our time reaching the peaks. Bring MTA Bike Permit. We'll lunch in Chappaqua, perhaps running into their most famous residents. Bring a lunch and snacks (Lunch will be on the late side.) Leaders Brian Hoberman and Ed Ravin.

Sunday, October 7th

☺ 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.

SCENIC KATONAH, Quick Spin 8AM, Wakefield, 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. Note that we are repeating this ride due to its popularity. Travel note: this ride begins at the last stop on the Bronx-bound #2 train. Leaders Jesse Brown and Rodney Millard.

Monday, October 8th

GARDEN CITY AND MORE 9AM, Doughnut Plant, 60 miles

Garden City dates back to the 1880s, one of the earliest planned communities on Long Island. We'll take a backroads route at a B16 pace and lunch in Garden City. Bring a lock and bring or buy lunch. Leaders Danny Lieberman and Maria Cummings.

☺ A QUEENS-BROOKLYN MOSAIC 9AM, Bridgemarket Plaza, 30 miles

Explore these outerboroughs with multiple stops among these diverse neighborhoods. We'll wander to Roosevelt Island, Long Island City, Hunter's Point, Greenpoint, Williamsburg, Dumbo and Red Hook. Bring a snack, lock and \$ for lunch. Leaders Terry Chin and Ed DeFreitas.

Saturday, October 13th

OY-OY-OYSTER! 9AM, Cunningham Park, 50 miles

Ahoy there mates! Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's yearly classic Oyster Festival. Not only do they look slimy, but they also sure taste good. So do their cousin shrimps, clammies, steamers, and other nautical delicacies, plus the best chowder this side of Cape Horn, music, crafts, souvenirs, tall ships and maybe a turkey leg or two. What's a better way to work up an appetite than by cycling to this North Shore enclave. Free admission, but bring pieces of eight for goodies, bike locks, that wooden pegleg, and a hearty appetite. Moderate pace with the usual Long Island hills. Leaders: Captain Brian Hoberman and Robert Eberwein.

Winners...Photo Contest: Ed Pino correctly identified Manny Sanudo.....Tripper who did all three Endurance Rides on August 11, 2007: John Slaski. Congratulations!

Sunday, October 14th

THE GREAT SWAMP RIDE

8:30AM, Penn Station, 37 miles

Cycle from Morristown, NJ to explore the Great Swamp National Wildlife Refuge. Visits may include Great Swamp Outdoor Education Center, the Environmental Education Center, and the Raptor Trust, a rehabilitation facility for birds of prey. 37 miles of somewhat hilly country and suburban cycling. Bring water and \$ for lunch. Round trip train costs \$17.75 and space is limited to approximately 14 bikes. Leaders Fred Dieckamp and David Seto.

CHUANG YEN MONASTERY

8:20AM, Grand Central, 30 miles

This is our annual trek to the Great Buddha. One of the world's largest Buddhas is located in Carmel, NY! We'll travel quiet backroads to get there, though, and dine a la vegetarian with optional meditation and stroll before cycling to Fahnestock State Park, for a quick dip. Downhill ride to quaint Cold Spring. Bring your MTA Bike Permit, \$ for lunch. Leaders Josh Gosciak and Ed Sobin.

Saturday, October 20th

HUME JAPANESE STROLL GARDEN

8AM, Bridgemarket Plaza, 58 miles
9:45AM, Cunningham Park, 45 miles

Join us for a ride with rolling hills to the Hume Japanese Stroll Garden in Mill Neck. A four acre gem of landscape design, it features gravel paths, stepping stones, a tea house, stone lanterns, mosses, waterfall, Asian plants and bamboo. Bring a lock, and \$5 for admission. Bring or buy lunch. Leaders Brian Hoberman and Alfredo Garcia.

Sunday, October 21st

FALL CLASSIC TO UPPER MONTCLAIR AND LITTLE FALLS
9:30AM, World Trade Center PATH, 40 miles

Let's venture into Essex and Passaic counties in NJ on one of the late great Irv Weisman's very pretty routes through Branch Brook Park, Cherry Blossomland, and through the beautiful estates of the Montclairs to Little Falls at the height of the fall colors. Lunch will be indoors or outdoors depending on weather. Bring lock and \$ for round-trip PATH and lunch. We will observe orderly and predictable riding. Excessive wind, temps below 40F at start, or 50% or greater chance of precipitation will cancel. Call

Maggie after 7:30AM if in doubt. Co-listed with NYCC. Rolling terrain. Leaders Maggie Clarke and Josh Gosiak.

☺ **PALISADES BIKE HIKE: BOMBAY HOOK**

8:30AM sharp, George Washington Bridge Bus Terminal, 20 mile ride, 7 mile hike

Get up close and personal with New Jersey's Palisades Cliffs and learn about the history of the area on a professionally-guided tour with a park historian. Bring a bike lock, comfortable walking shoes, bag lunch and water. Relaxed, easy pace for both ride and hike. Leaders Jim Zisfein and others.

Saturday, October 27th

BEAR MOUNTAIN METRIC CENTURY: THE SIX COUNTY RIDE
8AM, Plaza Hotel, 65 miles

After biking up the western bank of the Hudson for 50 miles through Fall foliage, challenge yourself by ascending Perkins Drive to the 1,300 foot summit of Bear Mountain. The view is worth it! Return to NYC on Metro North from the Garrison station. Bring your MTA Bike Permit and \$10 train fare. Terrain is HILLY with some VERY STEEP CLIMBS. Leaders Ira Najowitz and Dennis Griffin.

Sunday, October 28th

QUEENS' SHORTER PERIMETER
8AM, Bridgemarket, 65 miles

If you think you've already done the ride around Queens you haven't done this one. The borough that keeps on giving, gives us still more to see. Lunch stop at a diner. Bring a lock, \$ for lunch, and the strength to climb a few steep hills. Leaders Danny Lieberman, Jesse Brown and others.

MORRISTOWN NATIONAL HISTORIC PARK

8:30AM, Penn Station, 26 miles

Cycle from Morristown, NJ, to explore the three separate parts of Morristown National Historical Park: Washington's Headquarters, Jockey Hollow, and Fort Nonsense. 26 miles of hilly country and suburban cycling. Bring water and \$ for lunch. Round trip train costs 17.75. Space is limited to 14 bikes. Leaders Fred Dieckamp and David Seto.

Please turn to page 12 for more 5BBC Day Trips

**Editor's Choice
Select Bike Events**

TA Century
Sun. Sept. 9, 2007
Transportation Alternatives
nyccentury.org



Ride for Missing Children
Sun. Sept. 16, 2007
National Center for Missing & Exploited Children
missingkids.com/bikenj

Twin Lights
Sun. Sept. 23, 2007
Bike New York
bikenewyork.org

Honolulu Century (Hawaii)
Sun. Sept. 30, 2007
Hawaii Cycling League
hbl.org

MS Tappan Zee Bike Tour
Sun. Sept. 30, 2007
MS New York
nyn.nationalmssociety.org



Pumpkin Patch Pedal
Sun. Sept. 30, 2007
Staten Island Bicycling Association
sibike.org

Escape New York
Sat. Oct. 13, 2007
New York Cycle Club nycc.org

MS Bike Tour
Sun. Oct. 14, 2007
MS New York
nyn.nationalmssociety.org



Tour de Bronx
Sun. Oct. 21, 2007
Transportation Alternatives
www.tourdebronx.org

5BBC Retrospective:



23 Seconds With: Betsey

Hi. So, what do you think of 23 seconds with Betsey?
It's 20 seconds too long.

Jeez, Betsey, I don't know where to start. Here you are, a person of mystery.
How old are you?

Yeah, right. Your fans deserve more.
Alright, I'll behave.

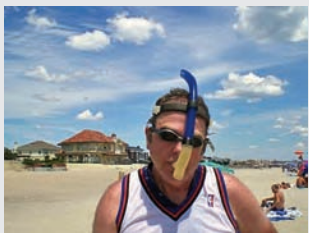
What type of bike or bike ride do you prefer?

My preference for a bike or a bike ride is the same as my preference for men. I love the one I'm on.

Himmmm, getting hot in here. Time's up..



July 1, 2007. Nice Summer Sunday, Malba Drive, Northern Queens, with a few friends. Phil led informal post-birthday (months past) ride.



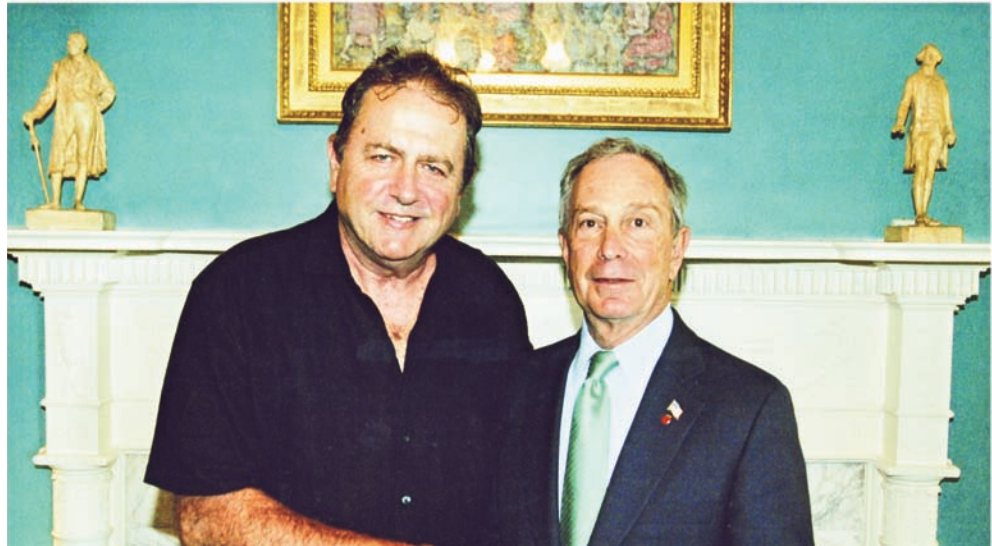
Sharon Behnke photo

PUBLIC SERVICE MESSAGE from Phil:

Daylight Savings Time starts Sun. Nov. 4. Make sure you set clocks and other time-pieces one (1) hour back.



Mayor Michael R. Bloomberg Hosts Reception in Honor of the 30th Anniversary of the Bike New York Five Boro Tour
Gracie Mansion, Manhattan
May 15, 2007



Phil dwarfs His Honor at a special function.
Official City of New York photo



Bayside Marina: Holding court with Mary O'Neill and Steve Bauman



ON THE AIR—A1C Robert E. Alexander, chief operator at the Hamilton AFB MARS Station, and A3C Philip P. O'Reilly, radio operator, transmit and receive messages during a "Phone Patch".

From the 1960s "Intercept" publication of the now-closed Hamilton Air Force Base, Novato, California. A very young Phil (!) is on the left.



This man can put people at ease, sometimes making them double over in laughter, not pain, like Mary Martinez, right. The world needs more laughter.



With his young daughter, Dylan.

Phil O'Reilly

99.23% photos by
Alfredo Garcia.



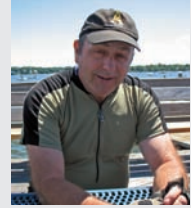
Riding vintage Trek 520 touring road bike. Phil cycled the entire 100-mile Montauk Century TWICE in the old days.



Cunningham Park: With his charming wife, Lerida and family dog, Molly (as in Cro-moly steel bikes!)



Caught live at the Laugh Factory, Aug. 21, 2007.



Older sibling Seamus (aka Ben), was a Franciscan Brother, part of a teaching Catholic order, taught Spanish & Italian, and a long distance cyclist, got Phil started in cycling ("It's all his fault.")

Served in the Dr. Strangelove era (1965-68) US Air Force; Rose to rank of Sergeant. Stationed in Vietnam, 1968.

In the 1980s, Phil walked into the Spring St. AYH and got involved with the Bike Committee and later 5BBC as a Leader.

Phil met Lerida DeDios on a bike ride. Claimed she once "attacked" him. They later became man and wife.

2nd 5BBC President, 1991-92.

Created and led his 5BBC classic Birthday / St. Patty's day trip, with the legendary Paul Sullivan.

1994-1997 5BBC Weekend Trips coordinator. Gave a bottle of champagne to send off ground-breaking 1996 week-long Vermont 5BBC trip, led by Bipin Batra and Steve Levy.

Affectionately known for wearing unfashionable brown socks on rides.

Perennial Bike New York Marshall Captain, assigned at the Queensborough Bridge. Say hi to Phil when you ride Bike New York.

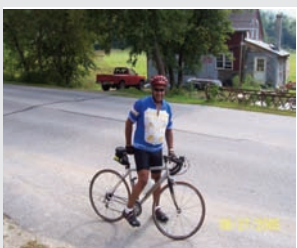
Recently ridden the 400-mile, 8-day annual Cycling the Erie Canal several times. Not bad for a man in his 60s.

Phil is a standup comedian who performs at Manhattan night clubs.

Visit his My Space profile at myspace.com/brownssocksphil.

You can email Phil at BROWNSOCKSPHIL@aol.com.

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. And we're again offering 10% early-bird discounts if you register more than 30 days before a trip.

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

Steve Sakson
5BBC Weekend Trips Coordinator
Weekends@5BBC.org



IMPORTANT UPDATE SEEKIN' HYDE PARK

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

This weekend trip has been cancelled. Sorry. Best wishes to Susan Levine as she recovers and get back on a bike again.



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

October 19-21 (Friday morning to Sunday night)

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



Cape Escape Weekend Trip, Sept. 2006. Sharon Behnke photo.

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 14, in this newsletter, or by downloading a copy of the form from our website www.5bbc.org, and mailing it to the 5BBC, 891 Amsterdam Ave., New York, NY 10025. Or you can register online at www.active.com, where registration fees apply. When registering by mail, you may enclose just a deposit (exact amount listed with each trip), but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration, more than 30 days prior to the trip. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip. When registering online a small fee applies, and you must pay the full amount up front.

4) Cancellations, or transfers between trips, are restricted by club rules, and subject to with- holding costs based on non-refundable expenses incurred by the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip.

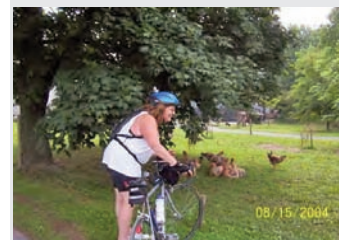
5) Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail weekends@5bbc.org.

6) Full recitation of weekend trip rules can be found on our website, www.5bbc.org.



Copake Iron Works Museum. Harlem Valley Rail Weekend Trip, July 2007. Ken Coughlin photo.

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



An Evening of Song with
Ladie Whitaker
Sun. Oct. 28, 2007, 7pm.
Christ & St. Stephen's
Episcopal Church. 120 West
69th St., Manhattan.



ladie whitaker

You may know Ladie as a sparkling 5BBC member, riding a few day trips and finishing a century or two.

As a Mezzo-Soprano classical singer, Ladie will perform songs by Brahms, Handel, Purcell, Joplin, etc. with Tenor singer Alburth Rhodes, pianist Kelley Wyatt and ensemble in concert.

Ticket donation is \$25.

More details, email Ladie at songladi22@yahoo.com or visit ladiewhitaker.com. See you there!

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
(718) 680-5227



If we were in China, our club would be the:



五個自治區腳踏車俱樂部

12

5BBC Day Trips, Continued.

Saturday, November 3rd

**PALISADES BIKE HIKE:
GREENBROOK SANCTUARY
8:30AM, George Washington Bridge
Bus Terminal, 15 mile ride, 3 mile
hike**

From their website: "Greenbrook Sanctuary is 165 acres of woodland on top of New Jersey's magnificent Palisades. 4.7 miles north of the GW Bridge, off of US Route 9W, the sanctuary is an oasis of solitude and natural beauty, minutes away from one of the noisiest, most densely populated areas in the world." Escape from the city to this nearby and truly natural wonder and learn about its history on a professionally-guided hike with a park historian. Bring a bike lock, comfortable walking shoes, and \$ for lunch at the nearby Royal Cliffs Diner. Leaders Jim Zisfein and Rhonda Wittorf.

Sunday, November 4th (Daylight Savings Time Begins-Set clocks and watches one hour back.)

**UTOPIA PARKWAY
10AM, Kew Gardens, 40 miles**

We'll sing along with our favorite songs by Fountains of Wayne (who brought us such suburban classics as "Utopia Parkway," "Sink to the Bottom," "Mexican Wine" and "Denise") as we ride through northeastern Queens and nearby Nassau county. Some steep and rolling hills. Lunch stop at a friendly diner. Bring a lunch and \$ for lunch. Leaders Danny Lieberman and Ira Najowitz.

**OFF-ROAD VISTAS:
SADDLE UP AND RIDE THE HUTCH
10AM, Eastchester, 20 miles
MOUNTAIN OR HYBRID BIKES
REQUIRED!**

What this ride lacks in distance it makes up in fun. This is a trail ride, we ride over ruts, rocks and water. Bring lunch or \$ for it because there's a lack to enjoy it by. Bug spray optional. No gonzos. This is a fun ride with safety as the requirement. Leaders Ed Defreitas and others.

Saturday, November 10th

**☺ THE GREATEST TURKEY RIDE:
CHARLIE'S TURKEY
10AM, Kew Gardens, 30 miles**

Join Ed and Liz as we travel around Queens and eat Charlie's turkey, the best you can find in Queens. I can say that I have been eating it for years. This is an easy 30 mile ride, mostly flat terrain. Bring \$5-7 for lunch. Please call 718-487-4992 before November 9th to reserve your turkey. In the case of rain the ride will be cancelled but there will still be turkey to be had. Check the message board if the weather is iffy. Leaders Ed Pino and Liz Baum.

Sunday, November 11th

**CHOCO-LOCO:
THE CHOCOLATE RIDE
9:30AM, Doughnut Plant, 40+ miles**

It's time again for chocolate, and what better place to start than the home of the chocolate blackout doughnut! This ride will visit a number of chocolatiers and shops in Manhattan, Brooklyn, and Queens. Don't be surprised if we pass a cemetery or two along the way. Terrain, bitter. Pace, sweet. Bring a lock and \$ for lunch and all that chocolate. Leaders Danny Lieberman and John Chiarella.

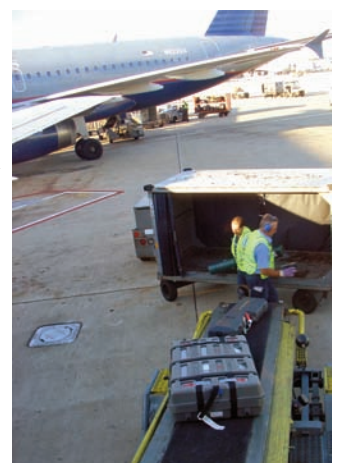
**☺ HISTORICAL CEMETERY RIDE
12:45PM, City Hall, 20 miles**

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. Bring comfortable walking shoes and a camera. Leaders Terry Chin and Ed DeFreitas.

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 deposit.



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

Having our Phil--Ice, Planes, Hair and Bikes



WAITING FOR GODOT. A stoic Phil Goldberg. Miraaj & the Ice King ride July 8, 2007. Arabelle Taggart photo.



BROOKLYN CYCLE-BY. Floyd Bennett Field, with vintage Concorde supersonic jet, on hiatus from USS Intrepid. Beach Bums ride, August 12, 2007. Nelson Rowe photo.



LYMAN ZERGA LIVES! Avi Robinson with a newly acquired Hotvelociti jersey and Phil O'Reilly with Aloha shirt, sans hair. 5BBC "Swap Meet" General Meeting, August 13, 2007. Alfredo Garcia photo.



Visit Hotvelociti.com, owned by 5BBC member Jen Benepe. Check out the unique selection of cycling clothing and gear.

Edward Pino



MS, LMHC,
Psychotherapist
Individual Psychotherapy

Counseling Techniques That Work.

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

By Appointment:
Phone (646) 734-7114
Email: edpino@mac.com

America By Bike

Varied Choices of Bike Tours
In These United States
www.abbike.com



5BBC Icon Jersey

Modeled by Mary O'Neill.
Get one now (the jersey, not Mary!)
See page 14 to order.



Membership, Trips, Classes & Store

General Information (Please print)

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

Supplementary Information
 Required for 5BBC Membership

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

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

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

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

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

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

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

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

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

Agreement by Parent or Guardian of a Minor

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

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

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

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____
 Dual 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. Laminate it if you wish, and keep it somewhere safe. We're sure it will become your most important piece of identification. Best of all, show it at any of the shops listed below for a discount on many items. Thanks to 5BBC leader Kent Mark and 5BBC Member-at-Large Leila Rinehart for expanding this list for 5BBC members like you.

Flash your 5BBC Membership Card at these Bike Shops

Bronx

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

Brooklyn

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

Bicycle Station
560 Vanderbilt Avenue
Brooklyn NY 11238
718-638-0300

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

On The Move

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

Roy's Sheepshead Cycles
2679 Coney Island Avenue
Brooklyn NY 11235 718-646-9430

Verrazano Bicycle Shop
7308 5th Ave
Brooklyn NY 11209 718-680-6521

Manhattan

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

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

New Bike Shop!:

Continuum Cycles
199 Ave. B
b/w 12th & 13th Streets.
New York, NY 10009
(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

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

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

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

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

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

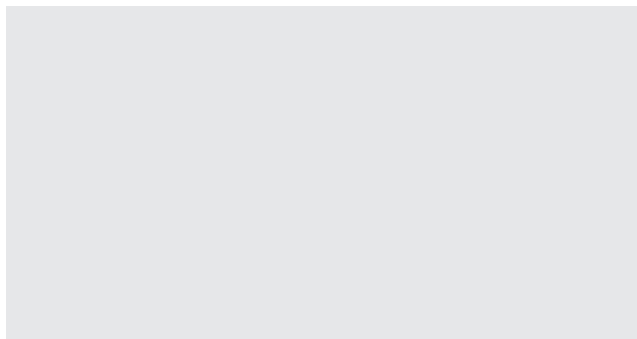


c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403

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Holy Cow! O'Reilly climbs the hill!



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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 bicycling.

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

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

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

Bicycle club membership is \$20, or \$25 for 2 members of the same household, and is valid through December 31;

Membership initiated after October 1 is valid through December 31 of the next year.

Submissions to the Bicycletter are heartily encouraged, on CDs, flash drives or even those 3.5" diskettes, accompanied by hard copy; or

email newsletter@5BBC.org. Please limit articles to 500 words. Classified ads are free to members.

Views expressed herein do not necessarily reflect those of the 5BBC.

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the November December 2007 issue is:

Monday 1 October 2007

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Editor: Alfredo Garcia
Assistant Editor: Brian Hoberman

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

Contacting Us

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

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

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

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

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