

B I C Y C L E € ⚙ € R.®

Bi-Monthly Publication of the Five Borough Bicycle Club, New York, NY, USA
November - December 2007 Volume 17 Issue 6

Scenes from New York's Friendliest Bike Club!



Sept. 29: Leader John Chiarella (3rd, L) with various curvaceous & manly cyclists, East Island ride. Glen Cove, NY. Photo by John Slaski.



Sept. 2: Mr. President Ed DeFreitas leads (look at all those trippers!) his Flat Rock ride, Ft. Lee, NJ. Photo by Stan Fine.



Sept. 16: We are traffic! Josh Gosiak and Marina Bekkerman led this scenic "To An Abandoned Village" trip, Stratford, CT. Photo by Kin Lee.



Oct. 6: Going for the giggle or the gigabyte? Leaders Wentworth Price and Steve Sakson, Sea Gull Century weekend trip, Salisbury, MD. Photo by Andrea Casertano.



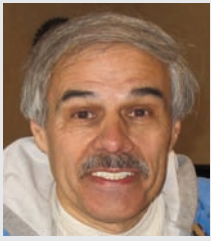
Oct. 7: Martial Henry's & Owens Ridges' Green Spaces & Nice Ices, Nassau County, NY. So many flavors. Photo by Sahand Ainechi.



What a view! Sept. 3: California Dreamin' Trip. Twin Peaks, downtown San Francisco, CA. Photo by Leader Susan Rodetis.

What A Way To Have Fun! Renew Your Membership & Enjoy More Good Times In 2008!

Dec. 8 Holiday Party, 8 PM! See pages 3 & 13. Present memberships expire Dec. 31, 2007. Fill out & mail form on page 14 or visit 5bbc.org.



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 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 Product Safety Commission (CPSC), an independent Federal regulatory agency. CPSC certification for bike helmets replaced ASTM, March 1999.

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



Tod Moore Photo

Profiteroles vs. Fondant au Chocolat: In Search of France's Most Perfect Dessert

Monday November 19, 6:30-9:00 PM

Location: Hosteling International, 891 Amsterdam Ave. (@ 103rd St.), Manhattan. Subway: 1 to 103rd St. Indoor bike parking available.

It's time for another European travelogue, plus our annual wine and cheese party (this year with some authentic French chocolate!), and the election of club officers for the coming year.

The Velotravelers return once again to dazzle us with a multimedia presentation of their bicycling (and gastronomical!) adventures. This year they visited France's Périgord region, a land of wine, beer, chocolate, walnut groves, castles, prehistoric cave paintings – and hors catégorie bicycling. Find out what a gouffre is. They will tell us what French desserts to order, how to make bicycle traveling simple and more fun, and why the best way to see the world is on a bike that folds. For a preview, check out www.todmoore.net.

Election ballots must be in the clubs' offices no later than 7:00 PM, and results will be announced after the program presentation.



What, me worry?

Holiday Party

Saturday, December 8, 8:00 PM

Location: Woolworth Tower Kitchen, 233 Broadway at Barclay St., Manhattan (entrance at Barclay St.)

It is time to celebrate a successful 2007 season, and to see what your club has planned for next year: day rides, weekend trips, monthly programs & the Montauk Century 2008!

By popular demand our annual holiday party will again be at the Woolworth Tower Kitchen in the City Hall area of Lower Manhattan. The party will feature: Full dinner buffet including vegetarian and non-vegetarian selections; Beer, wine, soda, coffee & dessert; Optional cash bar; Door prizes; Entertainment! High stakes dreidels and Christmas carols; Our famous raffle! One free raffle per participant, additional raffles 3 for \$5, proceeds to be donated to various bicycle-related charities; And many surprises. This party is the best dinner deal in town and is partly subsidized by your club. Advance registration is \$35 per person until Thursday 12/6. At-the-door registration (if still available) will be \$40. See page 13 for more information. *Photo of Steve & Melody Gates (above) by Alfredo Garcia.*

Barry Lee Hartglass,
5BBC Program Coordinator

Leila Rinehart
5BBC 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

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

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

Port Authority Trans Hudson (PATH)

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

Meeting Places for Day Trips and General Meetings



BridgeMarket

Plaza on the northeast corner of East 60th St. and First Ave., Manhattan. Subways: 4 5 6 to 59th St. N R to Lexington Ave.

City Hall

South of Chambers & Centre Streets, directly across from Brooklyn Bridge entrance, Manhattan, Horace Greeley statue. Subways: 2 3 to Park Place, R to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers St.

Columbus Circle

Central Park West, 59th St., Manhattan, near fountain, northeast corner. Subways: A B C D 1 to 59th St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway: 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 to Eastchester Dyre Ave. station (not Nereid Ave.)

George Washington Bridge Bus Terminal

Ft. Washington Ave. at 178th St., northeast corner, Manhattan. Subways: A to 175th St., 1 to 181st St.



On Sunday, Dec. 2, President Ed DeFreitas will lead his annual Frostbite Series #1 Ride to Pancakes over the Bayonne Bridge (above)

November-December 2007 Day Trips

Saturday, November 3rd, 2007

PALISADES BIKE HIKE: GREENBROOK SANCTUARY 8:30AM, GWB 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 (Standard 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 (Dyre Ave), 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

FILIPINO LUNCH RIDE 9:30AM, South Ferry (for 10AM boat), 30 miles

Mabuhay! Eat a tasty "Turo Turo" lunch at Kabalen. Route goes to scenic Liberty State Park. Ride ends at a Jersey PATH station or NY Waterway terminal. Bring lock, \$ for meal & return fare (PATH or NY Waterway). Some busy, bumpy, hilly roads with a bridge. Co-listed with NYCC. Alfredo Garcia and Susan Levine.

☺ 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.



It's time to renew your 5BBC membership, which will expire Dec 31. Please fill out & mail form on page 14 or visit 5bbc.org. 1. Thanks very much!

☺ RIDE WITH A MAGIC TOUCH 10:30AM, Prospect Park, 15 miles

Let's face it. Stretching money these days is like pulling rabbits out of your hat. But if Henry the magician of Abracadabra in Manhattan had his way you'd be doing both! Watch him perform some of his magic tricks just for our group. Then, if you're so inclined you can stock up on magician supplies that the store sells should you decide you need an instant career change. Bring \$2 so we can tip Henry (Creating dough is one trick he doesn't do!) along with money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and Jim Mallard.

QUADRUPLE BYPASS (Note this is a Night Ride, bring lights!)

6:30PM, City Hall, 25 miles

East and west, back and forth, zig and zag as we head up north. The name of the game as we see-saw for no fame, is to cross the East River without any tire sliver. Starting from the Brooklyn as we weave our way uptown, towards the Fifty-Niner as we cycle our way back round. Enjoy an evening ride proving that what goes up must come down. With dinner we'll finish the aerial exercise, and your humble leaders are two great guys! Ted made up the time and the rhyme, and Ed made up the route that's a real beaut. Front and rear lights are required. We're going to the Moonstruck Diner afterwards, so bring a lock and \$ for dinner. Easy to moderate pace, and hills on the bridges. Heavy rain cancels. Leaders Ted Kushner & Ed Defreitas.

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.

☺ RIDE TO GREENWOOD CEMETERY WALKING TOUR

12:45PM, City Hall, 20 miles

You know how famous people lived. Now get a look at how they spend eternity. This is a ride to the cemetery, where we will take a walking tour. Leonard Bernstein, Boss Tweed, Tiffany, Greeley, Ebbets, Eubie Blake, Joe Gallo. Bring comfortable walking shoes and a camera. Leaders Terry Chin and Ed DeFreitas.

Wednesday, November 14th

THE COMMISSIONER'S PLAN OF 1811 (Note this is a Night Ride, bring lights!) 7PM, Plaza Hotel, 25 miles

In 1807 New York City set up a special commission to survey the island of Manhattan and charged them to design the future layout of the City. It took them 4 years, measuring every rock and stream and hill and brook. When their labors were completed in 1811, they presented their plans in the form of the giant grid upon

which we live and work today. The New York City Grid was to become a model for cities around the world. The "Commissioner's Plan" stretched from the northern boundary of Houston St, to West 155th St, which was for all practical purposes, the North pole. We will discuss and explore the City's grid plan from a historical and urban perspective. Bring front and rear lights and we'll cover the grid. Leaders Danny Lieberman and Ed Pino.

Saturday, November 17th

☺ UPPER MANHATTAN HISTORIC RIDE

10AM, Columbus Circle, 20 miles

Upper Manhattan has a handful of small house museums. We will visit the Morris-Jumel mansion, the oldest standing house on the island. We'll also swing by the Dyckman Farmhouse and some other notable spots. Leaders Ken Williams and others.

Sunday, November 18th

FROSTBITE RIDE #0: BROADWAY IN SUMMIT

9AM, World Trade Center, 40 miles

Want the full scoop on the upcoming annual Frostbite Ride Series, which starts in a few short weeks, with the very trad and always captivating Frostbite Ride #1 to the Broadway Diner in Bayonne, NJ? This preview ride will visit it's sister location in Summit, NJ, via the PATH train to/from Newark, where you can enjoy pre-Thanksgiving pancakes served with all the trimmings or other menu goodies. Note the route here is longer and hillier than the usual Frostbite rides. Bring lunch money, \$3.00 train fare, bike locks. Moderate pace and rolling terrain and one big hill. Heavy rain cancels. Leaders Ted Kushner and Ed Defreitas.

**Thursday, November 22nd
(Thanksgiving Day)**

☺ PALISADES AMUSEMENT PARK AND SO ON!

10AM, City Hall, 23 miles

Ya gotta love Jersey! It's got some really great stuff, including a fabulous view of the harbor. We'll enjoy the Hudson Fiord at the waterline, then from the GWB and finally from the majestic heights of the Palisades. We'll cruise through Hoboken, maybe imbibe after our ride. Cross the Hudson one more time and watch the sun go down on the most magnificent city that

Meeting Places for Day Trips and General Meetings

CONCLUDED

Grand Central Station
Manhattan. Enter terminal building at East 42nd St. 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.

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

Prospect Park (Grand Army Plaza)
Flatbush Ave. at Eastern Parkway, Brooklyn. Benches at the Grand Army Plaza entrance to the park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

South Ferry
Bike waiting area, outside lower level of terminal, Staten Island Ferry. Southern-most point of Broadway, at the foot of Manhattan. Subways 1 to South Ferry; R, to Whitehall St.; 4 5 to Bowling Green; 2, 3, A, C, E nearby.

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



Memberships expire Dec. 31. Please renew your 5BBC membership. Fill out page 14 or visit 5bbc.org

Musings of A Bicycletter Man

ATTENTION all current members: Please vote in the 5BBC Executive Board elections. Your ballot should be in the mailbox NOW. You have until November 19, by 7pm, to decide. You have a responsibility, which can't be ignored.

For the first time in years, since I rode with the 5BBC in 1992, there are candidates for three contested positions at one time--President, Special Events and Bicycletter Editor.

Some are also running for more than one position, which in certain instances, are amusing cases of "collect & select."

Every candidate feels they are qualified to do the job they are seeking. Serious fun, indeed. We all want to just ride our bikes.

You will decide the makeup of next year's Board. And they will keep the Five Borough Bicycle Club going --Day Trips, Weekend Trips, the 5BBC Montauk Century, General Meetings, etc.

Please vote!

You can also help the club by getting involved. Earn the honorable title of **Volunteer**. Do more than just go on rides. We need help with the next Montauk Century. Why not?

A good number of you can also take the step becoming 5BBC leaders, lead rides and maybe hold an Executive Board position. I am living proof :) Be a part of the next generation of the Five Borough Bicycle Club.

Finally, I would like to thank the many people who helped me with the newsletter this year. From the steadfast Phil Goldberg, the charming Eliana Hecht, the engaging Arabelle Taggart, the entertaining Richie Stevens, as well as proofreaders, various contributors and others who help mail the print issues.

Thank you,
Alfredo

*Alfredo Garcia
Editor
Bicycletter
Five Borough Bicycle Club*

God allowed humans to create. Happy Thanksgiving. Led by Ed DeFreitas and others.

Saturday, November 24th

POST TURKEY RIDE 9AM, Doughnut Plant, 40 miles

Still full from all the turkey leftovers, sides and pies from the other night? Let's ride around to work off the bird. There aren't many hills but we'll climb whichever ones we can find before we get to lunch. Lunch just happens to be at one of the best diners in all of Brooklyn. Be sure to bring a lock and lunch lucre. Leaders Danny Lieberman and Brian Hoberman.

Sunday, November 25th

☺ **NEAR BROOKLYN 10AM, City Hall, 25 miles**

The twin cities of New York and Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time & others. Then, maybe, end up at a bike friendly pizzeria near Bowling Green. Led by Ed DeFreitas and others.

Saturday, December 1st

FREEZER BURN #1: RED HOOK AND THE WATERFRONT 10AM, Doughnut Plant, 30 miles

The Brooklyn waterfront has changed enormously in the last couple years, so there is plenty to explore all around. We'll take lunch at the Fairway right on the water, in Red Hook. Leaders Danny Lieberman and Maria Cummings.

Sunday, December 2nd

☺ **FROSTBITE RIDE #1: RIDE TO THE WORLD'S GREATEST PANCAKES 10AM, City Hall, 25 miles**

This is one of the club's great rides. You get a ride on the ferry, and some of the finest views anywhere in the Tri-State area from the Bayonne Bridge. And of course the Broadway Diner does serve up some fine pancakes, not to be missed! Bring a lock and \$ for those tasty flapjacks. Leaders Ed Defreitas and Alfredo Garcia.

Saturday, December 8th

WANDERING TO WAVE HILL 9AM, Columbus Circle, 30 miles

Enjoy a late autumn visit to a treasure in the Riverdale section of the Bronx: Wave Hill Park (wavehill.org). Once a private estate, it is an oasis that overlooks the Hudson and the Palisades. To and fro, we'll enjoy riding through a few picturesque parks in Manhattan and the Bronx. Terrain is mostly flat with a few hills. Bring a lock. Leaders Brian Hoberman and Danny Lieberman.

Sunday, December 9th

☺ **FROSTBITE RIDE #2: FLAT ROCK NATURE PRESERVE 10AM, City Hall, 30 miles**

Aah Naturale in Joisey! This privately owned natural preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond. Clothing is not optional. Led by Ed DeFreitas and others.

Saturday, December 15th

☺ **FILLMORE'S RIDE 10AM, Kew Gardens, 30 miles**

Join Ed and Liz for a pleasant ride around Queens. We will have lunch at a bike-friendly pub near the end of the ride. Bring a bicycle lock and \$ for lunch. Leaders Ed Pino and Liz Baum.

Sunday, December 16th

☺ **FROSTBITE RIDE #3: XMAS AT THE CLOISTERS 10AM, City Hall, 25 miles**

You don't have to be rich as Rockefeller to enjoy the medieval art in a monastary setting atop Ft. Tryon Park. Bring lunch for Al Fresco or dine indoors (the cafe is a little pricey but good). Led by Ed DeFreitas and others.

Saturday, December 22nd

FILIPINO PASTRY - AMERICAN CHOCOLATE TOUR 9:30AM, South Ferry (take 10AM boat), 35 miles

Mabuhay! 12mph paced ride to eat and bring back something trip. Buy Staten Island chocolates and lunch at a Jersey diner. Go further to buy delicious Filipino pastries. Note: be prepared to ride continuously and back to Staten Island. Bring \$ for food, lock and panniers. Terrain: some hills, busy traffic, bumpy roads, one bridge. Co-listed with NYCC. Leaders Alfredo Garcia and Jim Mallard

Sunday, December 23rd

☺ FROSTBITE RIDE #4: XMAS LIGHTS IN DYKER HEIGHTS (AND DIM SUM)

12:45PM, City Hall, 20 miles

Brooklyn's Chinatown is no longer a secret, but, it's still a great destination when Dim Sum is desired. We'll check out the holiday lights in the Dyker Heights neighborhood, and then swing around back to Sixth Ave for our Dim Sum lunch. On the way back, we'll take in the breathtaking Manhattan skyline from Sunset Park. Leaders Ed Defreitas and others.

Saturday, December 29th

**THAT CAN'T BE PAPER RIDE
9AM, Prospect Park, 15 miles**

Touch it, knock it, or simply admire it. You won't believe it's made of paper! Meet Jim Seffens in his midtown studio. Jim was voted a true American craftsman by a group of museum experts. His hand made creations from paper mache are incredibly beautiful (and costly). He'll show you how he does them. But, you may want to think twice before taking credit for your next piñata. Bring a lock and money for lunch a local eatery. Rain, snow or icy streets cancel. Leaders: Richard Sanford and Jim Mallard.

Sunday, December 30th

**FROSTBITE RIDE #5: NEW YORK BOTANICAL GARDEN
10AM, Plaza Hotel, 30 miles**

Elly Spangenberg's annual New Year's ride. Smell the fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. More details available at www.nybg.org. Bring a digital camera, a lock, and \$ for lunch plus \$13 admission. Leaders Ed Defreitas and others.

**Tuesday, January 1th, 2008
No rides today--HAPPY NEW YEAR!**



Current memberships expired Dec. 31, 2007. Please RENEW your Five Borough Bicycle Club membership! Fill out and mail form on page 14 or visit www.5bbc.org. Thanks and see you on the road!

Saturday, January 5th, 2008

**FREEZER BURN TO ARTHUR AVE
10AM, Bridgemarket, 25 miles**

The Bronx is really very close by, and so is the Belmont neighborhood, known affectionately as the Bronx's own Little Italy. If the weather is warm we can make a detour to one of the new parks along the way. Bring a lock and lunch money. Leaders Danny Lieberman and John Chiarella.

Sunday, January 6th, 2008

**FROSTBITE RIDE #6: RIDE TO GARIBALDI & ALICE AUSTEN
9:45AM, City Hall, 30 miles
10:15, South Ferry
11AM, St. George**

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant-oops wrong song-it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related web www.aliceausten.org. Don't worry about Guiseppe Garibaldi, baby. Bring lunch money and a lock. Leaders Ed Defreitas and others.



Milestones



Eyewitness to History
5BBC leader Josh Gosiak, with bike and lighted candle, went to the procession and dedication ceremonies of the historic African Burial Grounds, in Lower Manhattan, Oct. 5, 2007.



The Look of Love

On Sunday, Oct. 21, 2007, Lee Ilan & Peter Engel (left), were married at the New York Botanical Garden, in the Bronx.

Both are avid 5BBC cyclists. Lee is a long-time member. Peter was our 2004-2005 Bicycletter editor.

Among the well-wishers are Marina Bekkerman and "G.G."

Everybody at the 5BBC wishes Lee & Peter many good years of happiness.

Photo by Ed Ravin.



If you look close enough, you can see our own Brian Hoberman, who was a groomsman, to the right of Lee's veil.

2007 Cycling



Garmin Edge 205 GPS



B&M Lumotec N Light



B&M Dymotec 6 generator



Cygolite Hi Lux 100 Light



Cateye EL 135 Light



Maxit "Hothead" balaclava--
this is not Phil O'Reilly!



Pearl Izumi
Cyclone Toe Cover

By Dan Bach

Wow, say it ain't so, the holidays are coming already and you haven't finished your shopping yet or maybe have not yet begun. Well, help is here for either the case in which you want to buy a gift for that someone special or perhaps get a little something for yourself after a long year of cycling.

GPS (Global Position System): For those techie types, I think the latest GPS devices from Garmin (Garmin.com) could be incredibly useful. First is the Edge 205 that lists for \$250, measuring a cyclist's speed, time, distance, calories burned, climbs and descents, it can do everything but cycle for you. For a few more bucks (\$400) the Edge 305 adds a barometric altimeter to measure climbs accurately and can log heart rate and pedaling cadence. After you are done cycling on one of your long rides you can then use software that enables a cyclist to load the data onto a computer to track and compare statistics. In addition, you can also upload the information to www.Motionbased.com, a web service that show routes on maps or satellite images from Google Earth. Note since the Edge uses GPS there are no wires to attach, just mount it on your handlebars and you are good to go. However, the batteries last about 12 hours, then need to be recharged, as opposed to a simple bike computer battery that can last up to a year, but that simple bike computer does not have nearly the other features as the GPS.

Night Lights: Biking a lot at night and want lights that don't want to depend on batteries? Well, Busch and Muller (B&M) of Germany, came out with advanced designs this year. Using a magnetic feedback system they minimize the drag on the tire, but may also produce drag on your wallet as they cost up to \$160, one can view peterwhitecycles.com to learn more information. There are also less costly versions of the dynamos that cost around \$50. Another light to consider is the Cygolite (Cygolite.com) which has been recommended as a very strong light that gets the attention of drivers. Or maybe you don't want a dynamo light, then Schmidt lights can be in your future. Using a high capacity NiMH battery, it has a long life and is quite bright. Finally, on the lower budget end is a Cateye EL-135 light (cateye.com), simpler yet effective in keeping others seeing that you are

on the road.

Clothing: What about riding in the cold? Hate that cold sting on your face? Keep it warm with a balaclava. Perhaps you may want to consider a thermal one such as Maxit "Hothead" (maxit-inc.com) to keep you going. It is quite compact, light weight and keeps one warm on those really cold days. Blocks out cold and wind and yet breathable. What is great, it's a one size fits all item. Additionally, while everyone knows about getting proper gloves for the winter, we sometimes forget about the rest of our body, such as our feet. Companies such as Pearl Izumi (pearlizumi.com) and Cannondale have not forgotten about those feet. One can look at the Winter tour sock and Winter quarter sock respectively to see if they will keep you smiling on a cold winter day. Other ways to keep warm is getting some thermal leg or arm warmers or perhaps some shoe covers. For just your toes, Pearl Izumi even has a Cyclone Toe cover. Wait, you don't like to ride in the winter, but prefer the warmer months. You can always consider the practical gifts such as gloves, jerseys with really cool logos or perhaps bike shorts. For these types of items there are a plethora of websites to choose from which give you lots of choices.

Hydration: You are cycling a long ride and need to keep enough fluids in your system. Just about everyone knows that Camelbak (camelbak.com) began the latest trend in carrying the water on your back, other companies such as Adidas and Nalgene have created their own versions of keeping you on the go and are worth exploring as well.

Bikes: Well, why not recommend buying a bike for someone without them being there to get fitted, but what kind to choose? Contrary to popular opinion, there is not a lot of mountainous terrain in New York City, so why bother with a mountain bike? Heavy as anything, really large and hard to store, think outside the box. Perhaps a folding bike could be in your future for those of us living in small NYC apartments, unless you live in an apartment like in "Friends". One brand that has a lot of converts is Dahon (dahon.com), but there are lots of others. Easy to fold and sturdy you can get around without a hassle if you are bringing it into a building. If that is not your style, you could consider a

Gift Ideas

hybrid bike, which is part mountain bike and part road bike, such as a Specialized Sirrus (Specialized.com). Of course, you can choose a trusty road bike with lots of models to choose from, ranging from Cannondale and Trek to Giant, it all depends on your price range. How to choose what is best for you? Easiest way is going to your local bike shop and see what is best for your needs. If you don't want a new bike, then consider Recycle a Bicycle, a city-wide organization that use high school students to refurbish used bikes and the money is used for a worthy cause. Check out their website for more info. www.recycleabicycle.org.

Other Items: Maybe gear or clothing is not useful, then you could consider a bike travel guide for either biking in the New York area (i.e. Short Bike Rides by Phil Angelillo, Bicycle Tours in and around New York by Dan Carlinsky and David Heim, 20 Bicycle Tours in the Five Boroughs by Sandy Wolferman , 25 Bicycle Tours in the Hudson Valley by Howard Stone or maybe another city such as Britain's Best Cycle Rides, ironically published by the Automobile Association of Britain. In addition, if you check out the Bike Nashbar website there is a section devoted to gift items using bike parts such as clocks and even tree ornaments. Another gift choice is subscribing to Bicycling magazine

Hard to believe, if none of these are suitable choices, then you can always buy a gift certificate for that special person at their favorite bike shop and let them choose what is right for them.

Additional Gift Ideas



The 5BBC Five Icon Jersey.

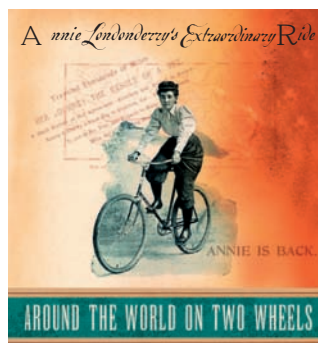
You can't go wrong with this. Recommended.



Trek 520 road touring bike. Versatile two-wheeler of choice for 5BBC cyclists like Caryn Greenberg, Eliana Hecht, Brian Hoberman and Randy Horowitz. Even Phil O'Reilly has one. Great for self-contained weekend trips, as well as day trips & centuries.



Bike For Life by Roy M. Wallack & Bill Katovsky. Inspiring book for all. Read it like you see a Bruce Springsteen concert, except instead of Rock 'n' Roll, Wallack & Katovsky are evangelists for the Church & Temple of Cycling. Bikeforlifebook.com



Around The World On Two Wheels by Peter Zheutlin. Relive the incredible cycling journey of a young Boston working-class Jewish Mom in 1894, unheralded until now. Read her story. AnnieLondonerry.com.



Cannondale Winter Sock



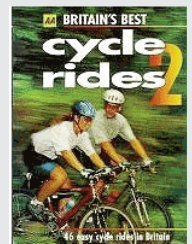
Dahon Speed P8 folding bike



Specialized Sirrus hybrid bike



Camelbak Slipstream



Britain's Best Cycle Rides



Bike Clock



Notable Comments from How New Yorkers Ride Bikes:

“Since 2000, the number of bicyclists have nearly tripled.”

Josh Benson, Director of NYC Dept. of Transportation, on East River Bridge bike counts.

“Of all cycling deaths in the ten year study period, 97% of fatalities were not wearing a helmet...88% were male.”

Lorna Thorpe, Deputy Commissioner, NYC Dept. of Health quoting from report of bicycling fatalities.

“The Hudson River Greenway is now the most heavily used bike path in America.”

Paul Steely White, Executive Director, Transportation Alternatives

5% discount for 5BBC members buying Bike Friday folding bicycles. Visit B-Fold at 224 E. 13th St. in Manhattan or the bfold.com website.



A Five Borough Bicycle Club membership makes a great gift for a Friend! They'll go to great places, meet nice people on our bike rides and receive the Bicycletter. Fill out & mail form on page 14 or visit 5bbc.org.



streetfilms.org

David Byrne Celebrates NYC Bicycling In Style

By Clarence Eckerson

Last night, I was one of 1,200 lucky ticket holders attending “How New Yorkers Ride Bikes: A David Byrne Presentation” at Town Hall as part of the 2007 New Yorker Festival.

Stuffed with laughs, entertainment, and bicycle inspiration, it was hard not to be psyched about the current state of psyched about the current state of bicycling in NYC.

Of course, our Master of Ceremonies for the night, Mr. Byrne, who has been using a bike for transportation for 30 years, pedaled to the theater. In fact, the night started with helmet cam footage he shot as he biked through Times Square to the venue.

Some Byrne-musings which drew the most applause/laughter as he navigated the entanglement of pedestrians, cars, and street furniture included: “...once you get used to it, riding thru the city gives you a nice jolt of energy,” “42nd St Street would make a nice pedestrian mall” and probably be a truck from New Jersey parked on it.”

Mr. Byrne, dressed in black and sporting his cool taxi-yellow bike helmet, then rode onto the stage and locked up. Moments later Hal Ruzal, NYC bicycling icon and mechanic at Bicycle Habitat, emerged from behind a curtain to pick his lock with a variety of tools. Mr. Ruzal's advice on not getting your bike stolen? “Have a bicycle lock that is real expensive and a bicycle that's really cheap.” True dat.

Next up was New Yorker fixture Calvin Trillin, who shared his humorous reflections on a lifetime of city bike riding. On the flatness of the city: “I have been riding a bike in Manhattan for 40 years and I have yet to shift gears.”

Charming Danish architect Jan Gehl extolled the many benefits of biking in Copenhagen, where 38% of commuters ride: “This is

important because if you see a pretty girl, you can easily jump off the bike and start kissing.” (Note: if this phenomenon can be documented, I may as well have to move to Denmark.) This is at least the fourth time I have heard Mr. Gehl's stump speech and even though he went well beyond the allotted ten minutes, it's an infectious message that never seems to bore.

After a brief appearance by the Classic Riders Bicycle Club, Buck Henry trotted out to read from Samuel Beckett's “Molloy.” Mr. Henry was game, but the length of the piece seemed to lose much of the crowd.

Mr. Byrne then introduced Jonathan Wood, Deputy Chairman of the Warrington Cycle Campaign, from England, who brought the house down. The campaign trumpets “Facility of the Month,” which features humorously poor bike path designs. Mr. Wood, with pitch-perfect, deadpan delivery commented on a series of some high or maybe lowlights since its debut in March 2001. No words I write could convey the stitches he had us in. Check out the November 2005 entry and then try to imagine a clean-cut English bloke delivering this sarcastic line regarding a cyclist's dismount sign, “All but the most skilled cyclists would be wise to heed this advice.”

The Young@Heart Chorus, a bubbly group of singing seniors from Northampton, MA, then charmed the crowd with their version of Queen's “Bicycle Race.” From there Mr. Byrne himself on to an Academy Awards-like montage of bicycling in the movies that—I am told—was movingly scored it. Biggest cheer? A clip of bike-riding Kermit the Frog from the Great Muppet Caper.

Following a short slide presentation of bike facilities he has experienced around the world, Mr. Byrne yielded to a panel of advocates: Josh Benson of the NYC Dept. of Transportation Bicycle Program, Lorna Thorpe of the NYC Dept. of Health and our hero Paul Steely White, executive director of Transportation Alternatives.

The Young@Heart Chorus (whose ages range from 73 to 88!) came back out for two final numbers to close the show, with Mr. Byrne accompanying on the finale “One Fine Day,” which was nearly worth the price of admission. All in all, a memorable night and one that shows that bicycling continues to be a burgeoning force here.

Synergy folks. Go out and ride, take over the planet.



Several 5BBC rides will go to Staten Island between November and December. Check the Day Trip listings for more information.

The Lighter Side of (Cycling) Life



Phil O'Reilly and Jeff Bernstein, Twin Lights event. Sept. 23, 2007.

Staten Island Ferry and Cyclists



Regulations spelled out on the boat.



Doggone It! People also have to bring dogs & other pets to the lower level of the Staten Island Ferry. That's 5BBC Leader Jim Mallard, with his pet pooch, Coco. Alfredo Garcia photo.

New York City Dept. of Transportation Staten Island Ferry Rules of Conduct for Bicyclists

1. Bicyclists are subject to all Passenger Rules of Conduct.
2. Bicyclists must board on the lower level at both the St. George and Whitehall Ferry Terminals.
3. Bicyclists must dismount and walk their bicycles to the waiting area and when boarding and departing the boat. Stay clear of pedestrians.
4. All bicycles must be stored in the designated bicycle storage area on the lower level of each vessel.
5. All passengers are subject to screening upon arrival at the ferry terminals.
6. Bicycles may not be left on racks on vessels for more than one hour.
7. Bicycles left on outdoor racks for more than 24 hours will be removed.
8. DOT is not responsible for stolen or damaged bicycles.



Down Under: Cyclists, trolley car and pedestrian, Australia. Photo by Richard Sanford.



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.



Phil Goldberg

Learn How To Ride A Bike



Arabelle Taggart photo

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

The Well-Dressed Winter Cyclist

5BBC rides go out all year long, through the four seasons. When the weather gets cold in winter, sensible cyclists take steps to stay warm and dry.

* Three layers for the upper body: consisting of: an inner layer, microfiber long-sleeve undershirt; a middle layer, lightweight non-bulky fleece or winter shirt, usually made for cold weather riding, with zippers for ventilation; Finally an outer layer, like a windproof and water resistant jacket.

* Cycling tights--you're definitely not wearing shorts nearly above or below freezing temperatures.

* Warm cap or balaclava worn under helmet; maybe helmet cover.

* Full finger or "Lobster" cycling gloves.

* Wear sunglasses (yes, the sun is still bright) and apply lip balm.

* For people with cycling shoes, cover them with "booties." Otherwise, wear wool or synthetic socks with wider shoes (they are somewhat bulky). You might consider battery operated heating socks or heating sticks, which works when applied smartly.

* Remember not to overdress. Wear no cotton—the fabric doesn't dry your sweat quickly and will make you feel colder.

Experiment and ask advice regarding cold weather cycle clothing. Remember what the ancient Romans said: "We will find a way or we will make one."



Book cover from The Best of Newspaper Design 27.

We need people to label, fold and tape future print issues to mail for our members. We'll treat you to pizza and beverage. Also we're seeking people who can contribute articles & photos. Email newsletter@5bbc.org for details.



5BBC
FIVE BOROUGH BICYCLE CLUB
 891 Amsterdam Avenue, New York, NY 10025
 212-932-2300 ext. 115



Announcing the 2007 Holiday Party For Members & their guests

Woolworth Tower Kitchen
233 Broadway, New York, NY
 Entrance on Barclay Street

*** Bicycles Welcome ***
 Dreidels and Christmas Carols

Saturday, December 8, 2007
 8:00 p.m. - 11:00 pm

*Reservations: \$35 per person
 \$40 per person at the door

Soda Buffet
 Wine Beer Coffee Dessert
 *** Raffle *** Door Prizes ***

Cash Bar

*Reservations may be made via Active.com (see 5BBC.org for link) for a small handling fee or mail form below with check payable to Five Borough Bicycle Club, 891 Amsterdam Ave, Suite 002, NY, NY 10025. If you have any questions, please contact the Programs Coordinator at programs@5bbc.org or call 212-932-2300 Ext 115.

Barry Hartglass, Programs Coordinator

5BBC Holiday Party Reservation

Name _____ # reservations ____ X \$35 = _____
 Address _____
 Phone # _____

This form & payment must be in the club office by Thursday, Dec. 6th



Visit **Hotvelociti.com**, owned by 5BBC member Jen Benepe. Check out unique selections of cycling clothing like jerseys, socks and other gear. You can buy them also at shops like Bike Habitat, Toga Bikes, Paragon Sports and Cycle Chick Clothing (in Australia!)



Ah, fresh meat...
 Velopedal vs. Velociraptor--guess who's coming or becoming dinner?

America By Bike

Fully supported & challenging tours that range from a few days to a few months.
www.abbike.com

Edward Pino

MS, LMHC, Psychotherapist,
 Individual Psychotherapy

Counseling Techniques That Work.

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

By Appointment:
 Phone (646) 734-7144
 Email edpino@mac.com

HOLIDAY PARTY NOTES

This party is the best dinner deal in town and is partly subsidized by your club. Advance registration is \$35 per person until Thursday 12/6. At-the-door registration (if still available) will be \$40. You can also:

- Register online with credit card (5bbc.org)
- Register by mail with check, fill out coupon (above)

Indoor bike parking is available. The facility is handicapped-accessible. This party is for club members and their guests only. If you have questions, or have difficulty registering, or are bringing young children, or have economic hardship, please email programs@5bbc.org



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 a CPSC 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)..\$ _____

5BBC Holiday Party
 Saturday, Dec. 8 at Woolworth Tower Kitchen
 _____ Members & Guests @ \$35 each.....\$ _____

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.....\$ _____

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

If you're interested in a Bike Friday, David Lam of B-Fold offers a 5% discount off the regular price.



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

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

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

Westchester

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

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

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

Connecticut

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

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

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

New Jersey

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

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

Marty's Reliable Cycle
173 Speedwell Avenue
Morristown NJ 07960
973-538-7773
www.martysreliable.com

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

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.

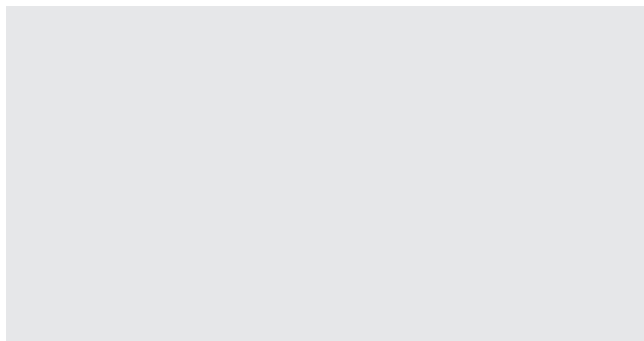


c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403

Address Service Requested



Oct. 8, 2007: Richie McCauley at the Brooklyn Queens Mosaic ride. Photo by Arabelle Taggart



Current memberships expire
 31 Dec. 2007. **Please renew!**

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 3 December 2007

© 2007 Five Borough Bicycle Club.
 All rights reserved.

Bicycletter November-December 2007
 Volume 17 • Issue 6

Editor: Alfredo Garcia

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

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

Contacting Us

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

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

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

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

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