

B I C Y C L E € ⚙ € R.®

Letter from the President

I'd like to wish everyone a happy & healthful New Year.

We've experienced some daunting challenges this past year (see Treasurers' Report, page 13). However, given the unique circumstances, we emerge whole and united. I want to encourage members to come out to our General Meetings. Also, as per our Bylaws, please let me or Vice President Andrea Mercado know if you would like to sit in on Executive Board Meetings, and of course, come riding with us; we are about having fun.

We have some extraordinary members who have sparked an era of renewed interest in Club growth. We welcome their ideas and energy. You, the Membership are the Club and are, thus, invited to submit your ideas, issues of concern, and general commentary to me or anyone else on the Board. We welcome your input.

Working together, we'll see positive progress for the Club and its members. I intend to be at all the General Meetings and, obviously, all Executive Board Meetings. You are me and I am you. Our General Meetings traditionally have light food fare you'll find both delicious and interesting. The Executive Board Meetings are no stepchildren when it comes to munchies either.

Lets have fun and take advantage of the progress made in making this town ever so much more Cycle Friendly.

Jesse Brown
5BBC President

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Executive Transition--Current President Jesse Brown with 2005-2007 President Ed DeFreitas



The 44th Annual 5BBC MONTAUK CENTURY is getting underway. Save the date! May 18, 2008 visit www.5BBC.org for details. For decades, people who could be anywhere in the world, have chosen to be on Long Island's fabulous South Shore! Who are we to disagree? Ride with us and experience the fabulous sights, sounds and smells of the fabulous Hamptons on your way to Montauk... "THE END"...and there's no better way to do it than from the saddle of your own bicycle! For 43 years, May in New York has meant the Five Borough Bicycle Club's Montauk Century Ride. Over 4 decades of experience and over ten thousand satisfied riders make this the best ride anywhere. This ride includes terrific rest areas, low-traffic routes, beautiful back road scenery, views of the water, on-road rider support and transportation for you and your bike back to the City from Montauk! Each offers three distance choices: 65 (self guided or optional escorted), 100 and 145 miles. (By magic, all routes go over the same course and all riders ride at the same time). We have the finest cycle support anywhere outside of the Tour de France. So feel free to challenge yourself! This is the flattest Century anywhere and the venue is without equal. Returning this year: fabulous food, rest areas, post-ride hot meals, shower trucks, masseurs, tee shirts, transportation back to the City....and more.

There's only one MONTAUK CENTURY-- "THE BIG ONE" COME RIDE WITH US!
Danny Lieberman
5BBC Special Events



Five Borough Bicycle Club

2008 Executive Board

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Don't Worry, Be Happy ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

Looking to get into or return to cycling? It's not too late. Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders.

We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol (☺). Rides

range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure and brakes that work well.

Carry at least one spare tube, tire irons, a pump, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC or Snell. Ride smart & have 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.

Winter 2008
Upcoming General Meetings

Comedy Night with
Phil O'Reilly and Friends
Monday, January 14, 2008,
7:00 PM - 9:00 pm



"They're coming to take me away, a-ha!"

Location: Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. Subways: 1/R/W to Rector, or 4/5 to Wall Street. You can lock your bike right outside the building, which also houses a police substation. The BID graciously allows us use of their space and requests no bicycles in the building.

Phil and some fellow travelers will hold court at the January General Meeting, with plenty of bicycle jokes to go around.

Once They Built A Railroad.....
Monday, February, 25, 2008,
7:00 PM-9:00 PM



Location: Hostel International, 891 Amsterdam Ave. (at 103rd St.), Manhattan, Rm. 111 (Board Room). Subway: 1 to 103rd St. In the 1920's, the City required the New York Central Railroad to convert their Hudson Line as it ran along the west side of Manhattan from running on the surface (street level) to an elevated and below ground line. The result, in part, is the High Line running from 14th St. to 34th St. An organization called Friends of The High Line is spearheading the conversion of this now abandoned right-of-way into a park and the Club is hosting a talk by their representative at our February General Meeting.

Leila Rinehart & Ed DeFreitas
5BBC PROGRAMS

Join the Five Borough Bicycle Club!

Welcome Our 94 New Members to
the Five Borough Bicycle Club



"Hurry--The free titanium road bikes are running out..."

Ken Abel, Helena Adams, Sahand Ainechi, George Alfaro, Richard Ayala, Mel Baker, Jeremy Bass, Erik Beach, Barbara Bertner, Eric Bertrand-Ioesch, Ellen Bijou, Peter Breslin, Barbara Brown, Paul Brown, Joffre Burger,

George Camacho, Scott Chesler, Lynette Chiang, **Ina Cholst**, Matthew Clendenin, Michael Clendenin, Carla Cohen, Robert Cohen, Gregory Dempsey, Anthony DiMarco, Karen Feuer, Aneka Flamm, Gerald Foreman, Richard Fronapfel, Steven Ganz, **Ira Goldberg**, Anna Goodwin, Trish Govoni, Susan Hansen, Masly Harsono,

Rusly Harsono, David Holowka, **Jeff Keller**, Eric Kim, Deborah Konopko, Helen Kowal, Lynn Lane, Jaki Levi, Richard Lec, Jack Lockwood, Stephanie Levy, Kate MacKenzie, Hedi Malcolm, Matthew Maxwell, Maura McCance, Maureen McCarthy, Joe McHugh, Eileen McManus, Petra Miskov, **Javier Muñoz**, **Jay Murphy McLeod**, Michelle Murphy, Trond Myhr, Geri Ness, Carolyn Okabe, Nicole Opper, Carlos Ortega, William Paness, Harish Patel, **Johnny Peña**, Deborah Pheasant, Anthony Reardon, Vincent Reardon,

Caitlin Reeves, **Larry Reilly**, Christianna Rice, Anna Roberts, Barbara Rothman, Stephen Schiller, David Shapiro, Andrea Sifferman, Darrell Simmons, **John Slaski**, Tobias Smith, Charito Stacey, **Summer Starling**, Michelle Stent, **Doreen Sweeting**, Anthony Taddeo,

Rachel Taylor, Coral Tolisano, Richard Vazquez, Alex Vologodski, Charles Wagner, Toby Weiner, Audrey Wheeler, **Sirocco Wilson**, Nilesh Zacharias and Wilfred Zubin

Special Thanks to:
Arabelle Taggart and Phil Goldberg.



"Oh no--Elmo is coming!"



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

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 W to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers 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. Parking is available.

George Washington Bridge Bus Terminal

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

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

Prospect Park Picnic House

Located near the 3rd St. entrance to the park. 2 3 to Grand Army Plaza, F to 7th Ave. or 15th St.-Prospect Park Station. House is on the left side of West Dr.

DAY TRIPPER

After many years, Ed Ravin and Ted Kushner once again are pleased to serve as the Club's Day Trips Co-coordinators for 2008.

Ed will be coordinating the "Series" rides, such as the Montauk training rides, Frostbites, Beach Bums, Perimeters et al; Ted will be handling the "regular" non series rides. We'd also like to extend our heartfelt thanks to Danny Lieberman for his efforts as Day Trips Coordinator during the past four years.

Please also note the following CHANGE IN DAY RIDE POLICY: we are now accepting and publicizing Day Ride listings on a week to week basis. In other words, 5BBC leaders are now permitted to submit ride listings each week, with Mondays being the deadline for the upcoming week(s). Our goal is to encourage the Club and its members to do what we do best: Go on bike rides!

The submitted rides will be publicized in the Weekly Updates; on the Club web site; on the Club's day trips phone "hotline", and on the club's Google based bulletin board. Information pertaining to ride cancellations because of dire weather forecasts will be publicized as noted by Friday of each week. Day Rides will continue to be listed in BICYCLETTER, this fine newsletter, and those rides will be given priority in scheduling. Please refer to individual ride descriptions for cancellation conditions. Questions? Comments? Write to daytrips@5bbc.org. We'll see you on the road.

Ed Ravin and Ted Kushner
5BBC DAY TRIPS

January-February 2008 Day Trips

Saturday, January 5, 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 6, 2008 **MEMORIAL RIDE** **10:00 AM, City Hall, 20 miles**

We will meet at the traditional Frostbite start point. From there, we'll proceed across the Brooklyn Bridge and Brooklyn neighborhoods to a sad place where one of our fellow cyclists met with a fatal accident at the intersection of Fulton St. and Utica Ave. We will pay our respects to our fallen compatriot. After which, we will join up with other cyclists coming from other, similar

locations. We'll combine forces and form a procession to City Hall for a ceremony honoring all the cyclists who lost their lives in 2007. Leaders Ed DeFreitas, Alfredo Garcia.

Saturday, January 12, 2008 **WHO WAS THAT GUY RIDE?** **10:00 AM, Grand Army Plaza,** **approximately 25 leisurely miles.**

Nearly every 5BBC ride passes a street or monument bearing his name. Whether it's Lafayette Street, Lafayette Avenue or Lafayette High School, this guy is everywhere. Then there's Lafayette, Louisiana, Lafayette Indiana, and Fayetteville North Carolina. Now meet one of George Washington's favorites. You'd like the guy too if you found out what he did just to come to America. See why Americans gobbled up the Marquis de Lafayette in 1824 as much as Americans gobbled up french fries in 2007. Bring \$10 New York Historical Society admission fee (a petit price to pay for such a grand exhibit) plus lock and money for lunch at a local mangerie. Rain, snow or icy streets cancels. Leaders Richard Sanford and TBA

Sunday, January 13, 2008 **FROSTBITE RIDE NUMBER 6: UNCLE** **GEORGE'S 10:00 AM, City Hall, 20 miles**

It's Greek to me and I love it! The food is traditional and delicious! Where? Astoria, where else? As long as we're in the neighborhood, we'll visit an outdoors art exhibit along the east channel of the East River, a lighthouse, the only tram ride in the city and more. So, come enjoy the warmth of your fellow cyclists. How cold can it be? Al Gore predicts a warm, sunny day. Leaders Ed DeFreitas and others

Saturday, January 19, 2008 **AROUND QUEENS TO FILLMORE'S** **10:00 AM, Kew Gardens (Statue of** **Civic Virtue, Queens Blvd and Union** **Turnpike), 25-30 miles**

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10.00 for a real lunch. Bring bike lock, restaurant is bike friendly, and a good attitude. Leaders Ed Pino, Liz Baum

Sunday, January 20, 2008 **FROSTBITE RIDE NUMBER 7: CONEY** **ISLAND DREAMIN' ON SUCH A** **WINTER'S DAY 10:00 AM, City Hall,** **30 miles**

To the Borough of Churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Tototonno's, renowned for prized pizza. See http://id.essortment.com/historyofpizza_rmgf.h

tm for interesting mouth-watering facts about our standard cycling food staple. Some examples: pizza was first developed by the ancient Greeks and we consume nearly 4 acres of it a day. Get that mozzarella! Bring a lock, \$ for food and a film camera. Leaders Ed DeFreitas & others

Monday, January 21, 2008

THE HILLS OF PROSPECT PARK

10:15 AM, City Hall, 15 miles

We'll tour Brooklyn's finest park. It's the workmanship of Olmstead and Vaux and 1800 people. It was the site of Washington's greatest defeat in 1776. We'll tour the highest point of the park. Wide tires and walking shoes recommended. Leaders Terry Chin, James Zisfein

Saturday, January 26, 2008

TOUR DE ROOSEVELT ISLAND AND LONG ISLAND CITY

10:15 AM, Bridgemarket, E. 60th St & 1st Ave, 15 miles

Visit the "other island" next to Manhattan, which had an insane asylum and a smallpox lab. We'll also visit points of interest from Astoria to Hunter's Point. Leaders Terry Chin, James Zisfein

Sunday, January 27, 2008

FROSTBITE RIDE NUMBER 8: RIDE TO GARIBALDI / ALICE AUSTIN

10:00 AM, City Hall, 20 miles

Rescheduled from January 6, 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.8m.com. Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders Ed DeFreitas & others

Saturday, February 2, 2008

SINGING IN THE RAIN RIDE

9:15 AM, Plaza Hotel, approximately 20 leisurely miles

Can't wait for your next Nor'easter? You'd be drooling too if you thought about all those broken and discarded umbrellas flying down 6th Avenue. Meet Melanie of AiAiGaSa in Brooklyn. Find out how this savvy and skillful Brooklyn Boutique owner turns those storm-damaged eyesores into fashionable dresses and skirts. You see folks, while we "think green," savvy Melanie also "thinks black." Bring lock and money for lunch at a local eatery. Rain snow or icy streets cancels. Leaders: Richard Sanford and Jim Mallard

MERCHANT MARINE CONVOY

10:00 AM, Cunningham Park, 35 moderately hilly miles

Warm up those dormant cycling muscles on a leisurely and scenic ride to the US Merchant Marine Academy in King's Point (www.usmma.edu) overlooking Long Island Sound. On the way back, there will be nice views of Little Neck Bay from Douglas Manor and the Joe Michaels Mile bike path. Bring a lock and \$ for lunch at a diner. Temperature below 32 degrees one hour before the start or any ice or snow on the road cancels. Leaders Ira Najowitz and John Chiarella

Sunday, February 3, 2008

FROSTBITE RIDE NUMBER 9: RIDE TO SHEEPSHEAD BAY AND BEYOND

10:00 AM, City Hall, 30 miles

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway greenway, a path frequented on Bicycle Bum Beach rides, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See www.transalt.org/bridges/sheep.html to know why. Bring a lock, \$ for lunch and a digital camera. Leaders Ed DeFreitas & others

Saturday, February 9, 2008

RIVER ROAD IN WINTER

10:00 AM, GWB Bus Terminal, 25 hilly miles

The leaves may be gone, but the beauty of Henry Hudson Drive ("River Road") remains. In the winter you can enjoy unobstructed views of the cliffs and across the Hudson River. Best of all, most of the road will be closed to cars. There will be no road maintenance, so you do need to watch for rocks and branches, and the occasional massive landslide. Lunch and hot chocolate at State Line Lookout Inn. Bring bag lunch or \$ for it, and a lock. Leaders Jim Zisfein and Rhonda Wittorf.

IN SEARCH OF SPRING

10:15 AM, City Hall, 15 miles

Get out of the winter's doldrums and get back on the bike. Join us for a ride to the Brooklyn Botanical Gardens, where admission is free on Saturday mornings. Snow, rain, or temperatures below 25 degrees cancels. Bring a lock, walking shoes, and \$ for lunch. Leaders Terry Chin, Ken Williams

Sunday, February 10, 2008

FROSTBITE RIDE #10: UNDER & OVER THE HUDSON

10:00 AM, City Hall, 25 miles

We go to the WTC PATH station and take it to Hoboken. From there, we go straight north along the Hudson to the GWB and across to Manhattan. We pass Seinfeld's old haunt in

A Small Letter to the Members

I just thought that I would drop a note to you folks. We had a turnout of about 170 votes, up from about 105 last year. Thanks for your participation and for your decisive vote to amend the bylaws to permit us to participate in Board meetings telephonically. If a Board member cannot be physically present at a meeting, he/she can vote by speakerphone. Or, we can conduct a Board meeting entirely by conference call.

Herald calls of renewed energy and new beginnings are hollow if we don't acknowledge our bruises. Without getting too "New Age-y," this is as much a year for healing as it is for going forward. The last year was a very rough one for the Board. We made some tough decisions, which strained relationships and friendships.

The good news in all this is that we've found that the Club is bigger than any of its members, bigger than the problem of the moment, bigger than the largest of our probably over inflated egos. When I see the chock-full ride sign-in sheets, or survey the crowded room at our holiday party, it makes me feel that the hours spent in meetings and on phones are worthwhile. Thanks to you all for making the Club what it is and have a safe, healthy and prosperous New Year

Regards
Andrea Mercado
5BBC VICE PRESIDENT



Musings of A Bicycletter Man

A new year is here. Everybody's cyclo-computer is set to zero. We will look forward to get on our bikes and ride as much as we can.

If you haven't renew your 5BBC membership, please do so. Help us continue to offer day trips, weekend trips, general meetings and all the fun things that go with riding a bicycle in the Big Apple. We have a lot to offer.

The 5BBC continues because of its pro-active ride leaders and Executive Board of Directors. And members who come on our bicycle trips. Engage us.

It gives me immense satisfaction, serving as Editor. There is always something fascinating & new to report. Let's give thanks to people who wrote articles for this issue, notably Susan Levine and Dan Bach. Hope you can pitch in. See you on the road.

Alfredo Garcia
5BBC BICYCLETTER

Would You Believe That...



There's a bike lubricant that is soy-based! Ernesto Bike Lube is possibly the only bike lube you can fry eggs with. www.ernestolube.com



There's an ice cream brand called 5 Boroughs, made here locally. www.5Bicecream.com. Available at Whole Foods.

favor of Italian, Indian eastern European cuisine. After refueling, we again follow the Hudson back to City Hall. Leaders Ed DeFreitas & others

Saturday, February 16, 2008 PRESIDENT'S WEEKEND RIDE TO FILLMORE'S: A MADIOCRE RIDE FOR A MADIOCRE PRESIDENT

10:00 AM, Kew Gardens (Statue of Virtue, Queens Blvd and Union Tpk), 25-30 miles

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10.00, for a real lunch. Bring bike lock, restaurant is bike friendly, and a good attitude. Leaders Ed Pino, Liz Baum

Sunday, February 17, 2008 FROSTBITE RIDE #11: NEAR BROOKLYN

10:00 AM, City Hall, 25 miles

The twin cities of New York & 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 Greene or a secret place in Red Hook near the Bay. Leaders Ed DeFreitas & others

Saturday, February 23, 2008 REVERSE RIDE TO ROCKAWAY 9:00 AM, Kew Gardens, 30 miles

We're headed from Kew Gardens into Brooklyn and then along the Belt Parkway Bikeway. The Gil Hodges Bridge takes us to Riis Park & Rockaway. We'll head back over the Cross Bay Bridge and finish up with lunch at the Metro Cafe in Forest Hills (no problem with our bikes - they'll be allowed to park in the backyard). Dress warmly! Wear layers & protect those hands and feet! Moderate to quick pace, 15 mph. Snow, ice on streets and temperatures below 30 will cancel. Check bulletin board for updates the night before. Leaders Dennis Griffin, Ira Najowitz

Sunday, February 24, 2008 FROSTBITE RIDE #12: THE WORLD'S GREATEST PANCAKES

10:00 AM, City Hall, 25 miles

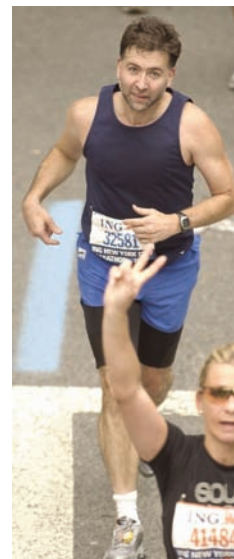
Kull-ing all bikes! Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch will be extremely warm and delicious, at Bayonne's Broadway Diner. Journey further to Liberty State Park, where Ed will give a moving tribute on the Liberation Monument. Shipping & park details at www.siferry.com, www.nywaterway.com and www.libertystatepark.com. Bring a lock, ample \$

for lunch and a film, digital or disposable camera. Leaders Ed DeFreitas, Alfredo Garcia

Sunday, March 2, 2008 BROOKLYN RESIDENTIAL TOUR 10:15 AM, Picnic House, Prospect Park, 25 miles

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Bring lock, snack or \$ for it. Leaders Terry Chin, Ed DeFreitas

ENDURANCE ACTIVITIES



Article & Photo by Dan Bach

What do biking and running have in common? Besides both being cardiovascular activities, they give you a chance to explore and travel while staying in shape. The advantage of the bike of course being the greater distances traveled when doing the actual event. Running allows one to see a place from a different perspective, albeit at a slower rate. More importantly wherever you go, all is you need is a pair of sneakers and you are ready to go. Plus, you can travel to different cities to run as well, such as the Paris or London marathons.

Recently I just finished my 11th NYC marathon and it was asked of me what is the difference in training for something like that versus the Montauk Century. Well, one big difference is the support of the 5BBC with their regular weekend training rides that increase in distance from the initial date until the actual ride. The weekend rides really help riders get acclimated to greater distances. While the New York Road Runners Club (NYRR) does have a good series of races in the 2 months prior to the marathon, one needs to do the primary training by yourself. Ideal training for the marathon consists of 5-6 runs per week for a 16-week

period. I have never had that much discipline and as a result my times have not been as good as they could have been. However, training for the Century, one really is not that concerned with time. Let's face it when you are with a group, especially riding in the City there are so many delays that time is never going to be a factor. For biking it is more the journey than the destination, or at least it should be. I guess you can argue that one should ride 5-6 times per week while training for a Century Ride, but in reality it is not realistic if you have a regular work schedule. One can get a good workout with a 45 minute run at times, but for cyclists, we are just getting warmed up.

In the last few weeks prior to the marathon one does try to get to a period when you are running a good amount of miles per week anywhere from 50-70 and then a week or two before it is time to taper off and actually run considerably less, a concern you don't have in biking. The great thing for both activities is that with proper training a person could do either activity with a good 4-month schedule. I would highly recommend people to try both. Then once you have accomplished them, then its time to get into the pool and think about triathlons, but that is for the future.



area's of interests. Your style and personality with your new leadership skills will enable you to accomplish this goal. We want you to become a 5BBC leader. We are day riders, weekend warriors and everyday commuter cyclists.

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

The course is taught by Ed and Liz as well as active and experienced 5BBC leaders and combines classroom instruction with practical riding experience. You don't have to be an especially strong or fast rider or bicycle repair expert to take the course. That's not what the course is about--it's about leadership. It is strongly recommended that you be able to ride for the better part of a day and be comfortable riding with a group. If you haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club rides take place. Note: If you are not a member of the 5BBC and wish to take the class you must become a member prior to the weekend trip part of the course.

Sign up now! Spring 2008 Course schedule (not ready as of this writing-but soon)

The course consists of five evening classes (we ask that you attend at least four), three weekend day rides (we ask that you ride at least two), and one weekend trip (required).

To Register: Call Ed Pino/Liz Baum at 718 487-4992 or email at leadership@5bbc.org; a fee of \$15 will be collected at the first class. There will be an additional fee of \$50 (collected during the course) for the weekend trip (scholarships are available).

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

*Ed Pino and Liz Baum
5BBC Leadership*

Milestones



5BBC Leader and Board Member-At-Large Sharon Behnke became a Grandmother again. Her Grandson, Cecil Jensen Pratt was born late 2007 to daughter, Amy. The 5BBC wishes congratulations & good health to all!



You can submit a film to the 2008 Bicycle Film Festival. They are accepting entries for films with a strong theme or character of bicycles. Deadline Feb. 19, 2008. Visit bicyclefilmfestival.com.

5BBC Leadership Course

New leaders bring new fresh idea's new trips and new enthusiasm to our club. Leadership is one of the most important aspects of your club. This is what keeps us riding. We need more terrific people like you. Your love of cycling and leadership will bring us to your new roads, favorite places and

Rock 'n' Cycle



Did you see the classic rock group Led Zeppelin at the O2 arena in England? Probably not, but you could wear this Crop Circle with Blimp ride jersey while climbing hills as you've moving through Kashmir. Available at your local bike shop or online at www.retrofactory.com



Renew your 5BBC membership today!

Scenes From The 2007

Saturday, 8 December 2007
Woolworth Kitchen, New York, NY



Louis Berardinucci holds court



Mickey Herold with her husband Larry and their son Spencer (center)



Eric Milland and Brian Hoberman



Flickering hands of award winners



Ted Kushner at the podium drawing raffle winners



Respectful moment between Danny Lieberman & Ed DeFreitas

5BBC Holiday Party



Food well eaten



2008 Five Borough Bicycle Club President Jesse Brown



Jim Zisfein, recipient of the 5BBC Golden Spoke award for 2007.



5BBC Life Member Steve Bauman



Award-Winning 5BBC Volunteer Arabelle Taggart



Perennial 5BBC Cycling All Stars Gail Green and Rick Anderson



Many thanks to Outgoing 5BBC Programs Coordinator Barry Hartglass (right), with current successor Leila Rinehart (left) for successfully producing this annual club event.



Inspiring Quotations Cycling-wise and Otherwise

"Friends and good manners will carry you where money can't go."

Margaret Walker

"It's easier to go down a hill than up, but the view is from the top."

Arnold Bennett

"What you don't see with your eyes, don't witness with your mouth."

Jewish Proverb

"Life is like riding a bicycle. To keep your balance, you must keep riding."

Albert Einstein

"Cycling is an endurance sport. If you don't use it, you lose it!"

From former 5BBC member Bonnie Hammer, who compiled these thoughtful quotes for her weekly email cycling newsletter, Y-HAMMER it, in Florida.

Check out StreetFilms at www.streetfilms.org. 5BBC member Clarence Eckerson is among those who directed films of cycling & the quality of life in the Big Apple.

RIDE WITH THE 5BBC

10

SAFE STREETS FOR SENIORS



Photo courtesy Transportation Alternatives

By Susan Levine

Like many members of the Five Borough Bicycle Club, I am also a member of Transportation Alternatives (TA), New York City's advocacy organization for cyclists, pedestrians, and users of mass transit. TA is in the forefront of many activities aimed at creating an urban landscape that is more hospitable to the safe and pleasurable use of our city's streets and parks, and you can find out more about what they do on their excellent website at www.transalt.org.

On November 15th, I attended a meeting sponsored by TA and Assemblymember Linda Rosenthal, about the Safe Streets for Seniors campaign. The purpose of the meeting was to learn from older people living in Assemblymember Rosenthal's district on the Upper West Side what aspects of street use and design feel dangerous to them, and to get their suggestions for reducing those dangers.

Because I worked for many years in social service agencies that assist older New Yorkers, the Safe Streets campaign is of particular interest to me. I first became acutely aware of how safety concerns can adversely affect healthful recreation when a man living in Queens told me that he could not go to the best senior center in his neighborhood – which is also the one closest to his home – because it would involve crossing the very dangerous – some would say murderous--Queens Boulevard.

This kind of no-win decision that enforces inactivity can be both psychologically and physically debilitating--impeding both the opportunity to spend time with friends and also the health benefits that come with exercise. In fact, the New York State Department of Health is funding TA's efforts, with the expectation that

improved walking environments will encourage more seniors to use walking as their primary mode of transit and recreation, ultimately leading to their better health¹.

The scope of the Safe Streets campaign is impressive--it involves a profound reframing of how limited urban space should be delegated – how much for pedestrians and cyclists, how much for cars – and addresses those design issues that have the greatest impact on senior pedestrian safety. For this article, I would like to focus on comments made about the relationship between pedestrians and cyclists.

When audience members were asked what they'd like an "improved walking environment" to look like, I expected to hear comments on how to reduce and calm car use in the city. After all, 33% of those killed in traffic accidents are seniors, even though they represent only 13% of New York City's population. But while cars were by no means ignored as part of the problem, many speakers--including those who bike themselves, or have biked in the past--were particularly frightened of and agitated by bicycles.

Common complaints were bicycles on sidewalks; bikes going against the flow of traffic; not being visible at night; and running red lights. One man said, "I don't feel threatened by cars--I can see them! Bikes sneak up on you." Another speaker cited bikes as the most "erratic" form of transportation; pedestrians aren't sure what to expect.

Because of these concerns, several speakers called for the licensing of bikes, convinced that doing so would make cyclists more responsible.

A real fear for older people--or any of us--is the loss of independence. And even a minor collision between a bike and a frail person can mean a permanently altered future. Such fear easily converts into rage--as we bikers who have experienced cars speeding by within inches of us are all too well aware.

What can be done to reduce some of that rage directed towards bicycles?

TA's Working Cyclist Campaign is educating business owners that employ bike delivery people about safe urban cycling. They are being encouraged to tell their riders not to sacrifice safety for speed, and are being given information about "rules of the road" for their workers to follow.

We 5bbccers can also contribute to a better alliance between older pedestrians and cyclists.

On day trips, when we stop for red lights, we can stay out of the crosswalks so that people for whom walking is difficult don't have to take

extra steps to get around us.

And at lunch stops, we can keep the sidewalks clear as we're locking up to go in and also when we're getting ready to leave afterwards. Large groups of exuberant cyclists are fun to be around, but not so much fun to get through for a mobility-impaired person.

One participant at the November meeting brought with him a heavily marked up clipping of a Jane Brody column from this past June 6th. It's title: "Cars and bikes can mix, when the rules of the road are clear." I also believe that pedestrians and bikes can mix – and, in fact, be true allies in promoting a safer, healthier and more enjoyable city.

†The Upper West Side Senior Pedestrian Safety Plan: November 2007, a report prepared for Assemblymember Linda Rosenthal by Transportation Alternatives under its Safe Routes for Seniors Campaign.

Borinquen 3-Day Bike Tour



On Jan. 24-27, 2008, the San Juan Cycling Club will host their 2nd Lighthouse Cycling Tour of Puerto Rico. It's a 3-day, 375-mile ride around the island, visiting historical lighthouses and the El Yunque Rain Forest. The event name in Spanish translates as the Tour of the Nine Lighthouses. Cyclists will visit coastal towns like Naguabo, Manunabo, Ponce and San Juan. The Tour is not your usual bike event, esp. in the Carribean. Day One is 155 miles, Day Two is 95 miles and the final Third Day is 125 miles, hilly as well as flat. 25mm road tires recommended. Imagine if a 5BBCer went there and conquered... More details, visit the tour website at www.lighthousecyclingtour.blogspot.com.



Souvenir ride jersey given to participants.

Ladie Whitaker Smashing Recital Success



Photos provided by Ladie Whitaker

On Sunday, Oct. 28, 2007, Ladie Whitaker, an accomplished singer as well as a 5BBC cyclist, sang for "An Evening of Song" at Christ & St. Stephen's Episcopal Church in Manhattan. The recital was well-attended, which included Barry Hartglass & Alfredo Garcia.

Ms. Whitaker, a trained Mezzo-Soprano, performed songs by classical music composers such as Handel, Purcell, Joplin, etc.

One of the highlights was Ladie singing Johannes Brahm's "Staendchen" and "Kling" in German, with profound elan. The troubles of the world seemed to be forgotten momentarily.

She shared the stage with distinguished Tenor singers Alburtt Rhodes, who sang "The Songs of Travel" by Ralph Vaughan Williams and the sombering "Danny Boy", Robert Kellum, pianist Kelley Wyatt and celloist Melvin Greenwich.

The 5BBC wishes continued success for Ladie, in singing as well as cycling. And we solemnly give condolences on the recent passing of her beloved Mother, Annie Pittman, who was very proud of her.



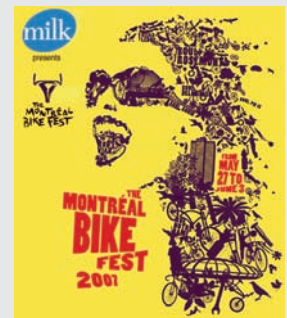
The last performance of Alburtt Rhodes, after 36 years of concerts and operas.

The 5BBC Five Icon Jersey



Our current jersey, graciously designed by long-time 5BBC member Caryn Greenberg, is available in limited sizes. Show your true colors of the club. Wear it on the next warm-weather 5BBC ride. See page 14 to order.

Le Tour de l'Île de Montréal 2008



Tour poster from last year.

Does the Un Tour la Nuit, Le Tour de l'Île and Tour de Gastronomie sound interesting to you?

This is the start of a great 5BBC weekend trip in the making to Montreal!

Tour La Nuit is a divine bike ride at night. Le Tour de l'Île is the largest cycling event in the world.

Save the last weekend in May, after the 5BBC Montauk Century, for a memorable time across the Canadian border. Stay tuned for trip details!



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.

Come on--Do more than just rant on the 5BBC Bulletin Board online--volunteer in person, as a human being, to help make the club run and have infinite fun.

Learn How To Ride A Bike



Arabelle Taggart photo

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



Phil Goldberg, photo by Beth Katz

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 short 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.

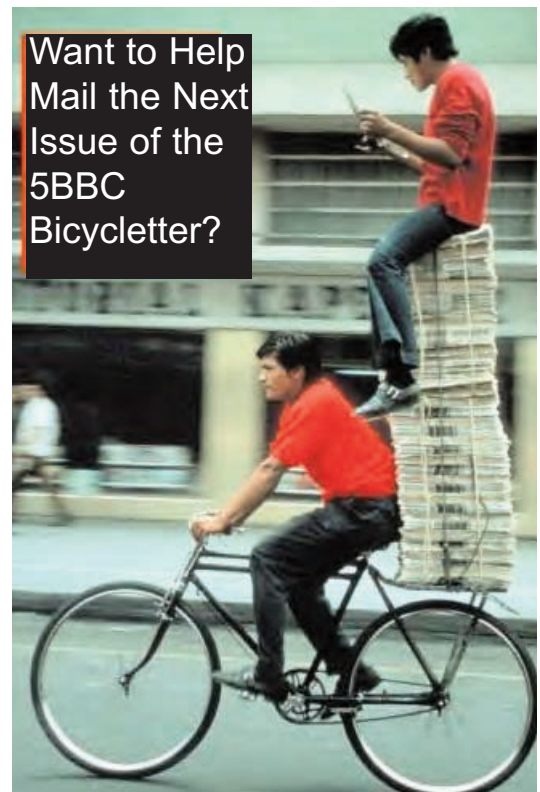
Experiment and ask advice regarding cold weather cycle clothing. Remember what the ancient Romans said: "We will find a way or we will make one."

Faces in the 5BBC Crowd



Veteran 5BBC cyclist Bob Lomba, at City Hall, Manhattan, before an Ed DeFreitas "Near Brooklyn" ride, November 25, 2007.

Renew Your 5BBC Membership!



Want to Help Mail the Next Issue of the 5BBC Bicycletter?

from dustjacket cover of 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. And please renew your 5BBC membership for 2008 for more cycling.

Treasurers' Report

The Five Borough Bicycle Club, Inc. is a 501(c)(4) non-profit (Social Welfare) organization under the IRS's Internal Revenue Code. As a non-profit, the 5BBC subsidizes its activities with funds from membership dues and its sole fund raising event, the Montauk Century.

Normally our membership has little interest in club finances, but in 2007 we suffered a record net loss of over \$37,000. The loss raised questions among our members, like "How come?" "Why so much?" and "Where did it go?" For answers, see below.

Income vs. Expense - 12/01/06 to 11/30/07

	Income	Expense	Gain/Loss
Administration	\$3,729	\$39,772	(\$36,043)
Bike Courses	660	116	544
Day Trips	0	586	(586)
Leadership	305	4,826	(4,521)
Membership	19,854	545	19,309
Newsletter	0	10,092	(10,092)
Programs	3,152	10,594	(7,442)
Special Events	138,193	136,928	1,265
Weekend Trips	21,518	21,415	103
Total	\$187,411	\$224,874	(\$37,436)

●Administration - Income consists of donations and interest. Expenses include rent, insurance, communications (e.g. Join Us Brochures) and other managerial expenses. In 2007, expenses also included a one-time, extraordinary expense of \$28,000 for legal fees and related costs incurred in protecting our ownership rights to the Montauk Century. Otherwise, financial performance was normal

●Bike Courses - Financial performance was normal.

●Day Trips - Financial performance was normal.

●Leadership - Consists of our leadership training program and leadership awards for active ride leaders. Financial performance was normal.

●Membership - Consists of membership dues and merchandise sales. Membership income declined in 2007, indicating that more (or different) things need to be done to keep current members and attract new ones.

●Newsletter - Financial performance was normal but remains a major part of our core operating costs. Changing more hard copy subscriptions over to online "pdf" newsletters will help reduce costs.

●Programs - Includes monthly membership meetings and our annual holiday party. Net expenses increased in 2007, primarily due to the introduction in the winter of 2006-07 of catered holiday parties to replace previous "bring-your-own" parties.

●Special Events, aka Montauk Century - Although disappointing, the event's net profit of little over \$1000 was not unexpected. More important, our new management team maintained and in some respects enhanced the event's reputation as the premier cycling event on Long Island. Among our accomplishments was our success in securing the Leukemia and Lymphoma Society's sponsorship for the 2008 Montauk Century.

●Weekend Trips - Financial performance was normal. It is the 5BBC's policy to make weekend trips economically feasible to as many members as possible, so they are budgeted to be self-supporting, not a profit center.

The above activities resulted in the following net worth.

Net Worth as of 11/30/07	
Assets	
Checking / Savings	\$34,754
CDs	31,310
Accounts Receivable	1,506
Inventory	3,611
Other	(200)
Total Assets	\$70,981
Liabilities	
Accounts Payable	(\$1,303)
Total Liabilities	(1,303)
Net Worth	\$72,284

To summarize, 2007 was a watershed year in the way the 5BBC manages its activities in general and its Montauk Century in particular. It will be very interesting to see how 2008 turns out.

Respectfully submitted,

Bob Castro & Phil Goldberg
5BBC Treasurers

"The secret of health for mind and body is not to mourn for the past, not to worry about the future, or not to anticipate trouble, but to live the present moment wisely and earnestly."

Buddha



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, etc.



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

America By Bike

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

www.abbike.com

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That Work.

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New York, NY 10025

By Appointment:

Phone (646) 734-7144

Email edpino@mac.com



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.

Bike Course - Name of Class _____
 Date of class _____
 Members \$20, Nonmembers \$30 each.....\$ _____

Five Icon Jersey
 Indicate quantity and size.
 Men (Circle One) M XL XXXL
 Ladies (Circle One) 8 10 12 14
 Members \$60, Nonmembers \$75 each.....\$ _____

Lady Liberty Jersey - CLOSEOUT SALE
 Indicate quantity and size.
 Men (Circle One) XXL XXXL
 Ladies (Circle One) S M L XL
 Members \$40, Nonmembers \$50 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. Show it at any of the shops listed below for a discount on many items. Thanks to Kent Mark and 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 Ave.
Bx, NY 10461 718-409-1114

BROOKLYN

Bay Ridge Bicycle World
8916 3rd Ave. Bklyn, NY 11209
718-238-1118
bayridgebikes.com
Bicycle Station
560 Vanderbilt Ave
Bklyn, NY 11238 718-638-0300
Fulton Bikes
1580 Fulton Street
Bklyn, NY 11213 718-778-2887
On The Move
400 7th Ave.
Bklyn, NY 11215 718-768-4998
Roy's Sheephead Cycles
2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
roysbikes.com
Verrazano Bicycle Shop
7308 5th Ave
Bklyn, NY 11209 718-680-6521

MANHATTAN

A Bicycle Shop
163 W 22 St. NY, NY 10011
212-691-6149 a-bicycleshop.com
B-Fold (Folding bikes)
224 E 13th St. (2nd-3rd Aves)
NY, NY 10003 212-529-7247
bfold.com
Bicycle Habitat
244 Lafayette St
NY, NY 10012 212-431-3315
bicyclehabitat.com
Bicycle Renaissance
430 Columbus Ave. (81st St)
NY, NY 10024 212-724-2350
bicyclerenaisance.com
Champion Bicycles
896 Amsterdam Ave (103-104 Sts)
NY, NY 10024 212-662-2690
championbikes.com
Chelsea Bicycles
156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
chelseabicycles.net
City Bicycles
315 W 38 St NY, NY 10018
212-563-3373 city-bicycle.com
Conrad's Bike Shop
25 Tudor City Place
NY, NY 10017 212-697-6966
Continuum Cycles
199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785
continuumcycles.com
Gotham Bikes
112 W Broadway
NY, NY 10013 212-732-2453
togabikes.com

Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
bicyclesnyc.com

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

Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
visentinbike.com



Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201
Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500 metrobicycles.com
NYC Velo
64 Second Ave. (4th St)
NY, NY 10003 212-253-7771
nycvelo.com
Sid's Bike Shop
235 E 34th Street NY, NY 10016
212-213-8360 sidsbikes.com
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, NY 11418-2443
718-846-2099
Bellitte Bicycles
169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795 bellbikes.com
Bicycle Barn
107-34 Springfield Blvd
Queens Village, NY 11429
718-479-3119
Bike Stop
37-19 28th Ave
Long Island City, NY 11103
718-278-2453
Bill's Cyclery (1)
63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
ubuybikes.com
Bill's Cyclery (2)
108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Peak Mountain Bike Pro Shop
42-42 235th Street
Douglaston, NY 11363
718-225-5119
peakmntbike.com
Spin City Cycle
110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850
spincitycycle.com
Spokesman Cycles
49-04 Vernon Blvd.
Long Island City, NY 11101
718-433-0450
spokesmancycles.com

LONG ISLAND

The Bicycle Planet
540 Jericho Turnpike
Syosset NY 11791 516-364-4434
thebicycleplanet.com
Bike Discounters (1)
2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230 thebikeoutlet.com
Bike Discounters (2)
287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282
Brands Cycle Center
1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100 brandscycle.com
Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850 carlhart.com
Sayville Bike Works
75 Main St.
West Sayville, NY 11796
631-589-0009
South Shore Bicycle & Fitness
1067 Broadway
Woodmere, NY 11598
516-374-0606
southshorebicycle.com

WESTCHESTER

Bicycles Unlimited
141 East Main St.
Elmsford, NY 10523
914-592-7979
Pelham Bicycle Center
109 Wolfs Lane
Pelham, NY 10803
914-758-3338
pelhambikes.com
Sierra Cycles
46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles
243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576
baybrookbicycles.com
College Street Cycles
252 College St.
New Haven, CT 06510
203-865-2724
collegestreetcycles.com
Newington Bicycle
1030 Main St.
Newington, CT 06111
860-667-0857
newingtonbike.com

NEW JERSEY

Bicycle Tech
246 Main St. Lincoln Park, NJ
07035 (973) 768-4998
Bicycle Workshop
175 Country Rd.
Tenafly NJ 07670 201-568-9372
bicycleworkshop.com
Marty's Reliable Cycle
173 Speedwell Ave.
Morristown, NJ 07960
973-538-7773
martyreliable.com
Strictly Bicycles
507 Main Street
Fort Lee, NJ 07024
201-944-7074
strictlybicycles.com



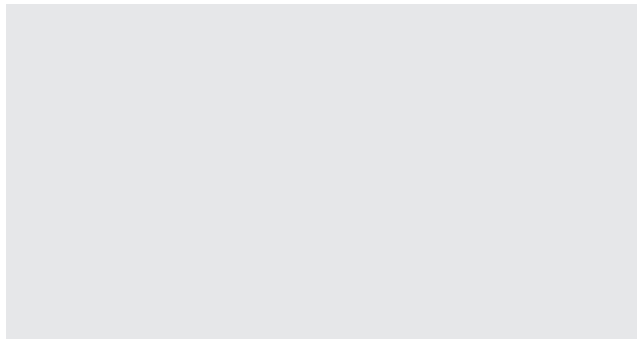
c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403

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Dec. 8, 2007: Ira Najowitz with Hall of Fame Ride Award for his classic Bayville ride, which he has led for a better part of two decades.



5BBC memberships for 2007 expired Mon. 31 Dec. 2007.
LAST ISSUE IF YOU HAVEN'T RENEWED* 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 cycling, through our bike rides, weekend trips and general meetings. 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 Five Borough Bicycle Club 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.

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 2008

*Membership initiated after October 1, 2008 is valid through December 31, 2009.

Submissions to the Bicycletter are heartily encouraged, on CDs, flash drives or even 3.5" diskettes, accompanied by hard copy; or email newsletter@5BBC.org. Please limit articles to 300 words. Classified ads are free to members.

Views expressed in the Bicycletter 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 special monthly March 2008 issue is:

Monday 4 February 2008

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Editor: Alfredo Garcia

The Bicycletter is a bi-monthly 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 evenings, 7-9 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.