

B I C Y C L E E R E R [®]

Bi-Monthly Publication Of The Five Borough Bicycle Club
March-April 2008 Volume 18 Issue 2



*Daylight Savings Time
Starts Sunday, March 9, 2008.
Please set your watches, clocks
& other timepieces, at 2AM
ONE HOUR AHEAD to 3AM..*

**44th Annual
Montauk Century
Sunday
May 18
2008**



Here is the design for the Montauk Century 2008 Jersey. Supplies are limited and it can only be ordered on www.active.com

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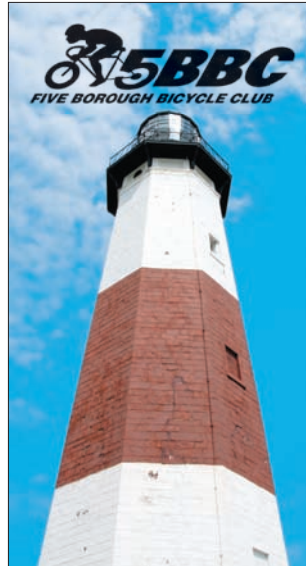
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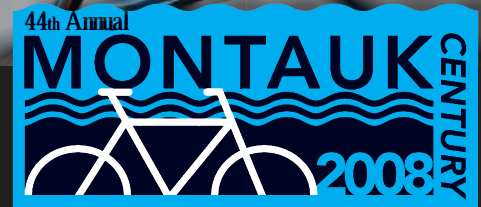
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Register early and you could win a cycling trip to
Brittany, France!



*Danny Lieberman
5BBC Special Events*

Howdy friends, and welcome to the 2008 Montauk Century! We've made a few changes over last year but we've preserved our beautiful routes of 65, 100 and 145 miles. We've still got the best rest stops. Our check-in locations are the same, and our finish line, is better than ever under new management and the food is excellent. Of course we will provide the same great amenities.

Volunteer to help us out and ride for free. It takes a lot of people to put a ride of this magnitude on, and we're very thankful for all the hard work and dedication of those who give us a few hours. Email us at montauk@5bbc.org to find out how you can help us before or during the event. Refunds will be made after the ride.

As in the past, you may not take your bikes on the trains on Montauk day. The railroad will not let you bring your bike, so let us transport it for you. As always, we provide luggage service so you can drop off your bags at our check-in table and hit the road. When you get to the finish line, you can shower, change, and dine before traveling home.

Remember that you must register through Active.com. 5BBC members get a discounted price, of course, but remember that the price'll go up before you can say "Amagansett". We also sell return transportation and exclusive event jerseys and t-shirts there too.

What else? Well, we are giving away a trip for 2 to cycle around Brittany, France.

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Five Borough Bicycle Club

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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.

5BBC General Meetings

**Ask The Bike Shop Pros At
Bicycle Habitat
Monday, March 24, 2008, 7:00 PM**



Location: Bicycle Habitat, 244 Lafayette Street, Manhattan. Phone (212) 431-3315. Subway: 6 to Spring St. or R/W to Prince St.

We will return for another exclusive after-hours opportunity for **club members and accompanied guests** to ask Charlie McCorkell and his mechanics about bikes, accessories, get recommendations for the Spring season and even ask what it takes to run a small business! Reps from **Trek & Specialized** will be there! Join us for this free-wheeling event.

You can email Charlie for specific questions at cmcbike@bicyclehabitat.com before the meeting with cc: programs@5bbc.org.

Bicycles, parts, accessories and bikewear will be available for purchase at special sale prices, limited to stock merchandise for this evening only and in lieu of the club discount.

**Bicycle Art With Taliah Lempert
Monday, April 28, 2008,**



7:00 PM-9:00 PM

Location: Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. Subways: 1/R/W to Rector, 4/5 to Wall St.

We are pleased to announce that accomplished artist Taliah Lempert will be our guest speaker for a slide show presentation. Please visit her website at

www.bicyclepaintings.com. In addition to being a local cyclist & racer, Ms. Lempert is trained in both the academic and professional field of Fine Arts. She has developed a niche in the painting of bicycles from observation. You may have seen her work exhibited in bike shops and at Bike New York. In addition, Ms. Lempert will offer some of her works for sale (e.g. postcards, t-shirts, prints, drawings, etc.) She can be commissioned to make a portrait painting of your favorite bicycle.

Please join us for this artistic event.

Leila Rinehart & Ed DeFreitas
5BBC PROGRAMS

Welcome Our 59 New Members to the Five Borough Bicycle Club!



Bridging 5BBC membership gap with the Queensboro Bridge. Photo by John Slaski.

Tom Acquisto, **Norma Aquino**, **Divencio Barbo**, Steven Barshov, Judy Bartlett, Paul Beckett, Steven Bloom, Susan Bloom, Brad Carlin, **Oswaldo Claudio**, Gary Cortes, **Aldemar Diaz**, David Diez, Sarah Donovan, Josh Elkes, **Jeffrey Gilbert**, Rachel Gleicher, **Gail Gordon**, Allyson Guitierrez, Pepe Guitierrez, **Lisa Hernandez**, Clemens Herschel, Galit Herscho, Richard Hornbeck, **Doug Hyer**, Giuseppina Izzo, Suzanne Joyce, Errika Kalomiris, Kelly Koop, Dave Lee, Kenny Lin, **Tommasina Massimo**, Suzanne Maxey, Eli Mernit, Ralph Mernit, Joe Mezzafonte, **Mary Montano-North**, Liz Montgomery, **Gary Moyle**, Patricia Moyle, Paul Murphy, Chris O'Connell, Sterling Paramore, **Stephen Plowden**, Anna Perzeszty, Inna Rakhlin, Elizabeth Rand, **Steve Raymond**, Jon Reitzes, Lindsay Reitzes, Richard Serrano, Diana Shikiar, Catherine Stein, Tom Swanson, **Nicolas Tulach**, Stephanie Vanden Bos, **Charles Wang**, Chris Welsch, **Julio Zavala**.

--currently from Dec. 14, 2007 to Feb. 14, 2008

Special Thanks to:
Arabelle Taggart & Phil Goldberg.



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/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo

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 5BBC Rides

Note: W runs weekdays

AYH (American Youth Hostels-Hosteling International)

Amsterdam Ave. at 103rd St., Manhattan. Subway: 1 to 103rd St.

Chelsea Piers

West 22nd St. & 12th Ave., Manhattan, by the Hudson River Greenway path. Subways: C E to 23rd St. & 8th 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.

Columbus Circle

Central Park West at 59th St., Manhattan. at Maine Mounument fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway; Ride 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.

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, Brooklyn. House, left side of West Dr.

Day Tripper

5BBC Training Ride Series

If you are planning to ride the Montauk Century, we encourage you to get in shape with our training rides. The rides began in late February and will finish with a 90-mile ride, a week before the Montauk Century. For those taking part in the 65-mile metric century, we have a similar progression that starts in April and will finish with a 50-mile ride. All training rides will start at Columbus Circle or Cunningham Park. Riders must be able to maintain a minimum 12mph pace on the training rides. Rides listed with a "quick-spin" option have two groups: the Quick-Spin group maintains a 17-18mph pace. Faster rides and longer distances may be led without using the Point-Drop-Sweep method.

Bring a bicycle in working condition, including gear and brakes. Pack a spare tube, pump, bike lock, water, food and money for lunch. You must wear a bike helmet to participate. For Queens (possibility some Manhattan) training rides: Please also bring a MTA Bike Permit in case you need to bail out and take a LIRR or Metro North train.

Ted M. Kushner and Ed Ravin
5BBC Day Trips

PS Although our ride schedule is devoted to training, we also have several Happy Face and Maggie Clarke's training series at a more relaxed pace. Please also check our www.5bbc.org website for additional rides.

March-April 2008 Day Trips

Saturday March 1

TRAINING RIDE #1: HICKSVILLE

9:30 AM, Cunningham Park, 35 miles

The official kickoff to the series!

Leaders Ira Najowitz, Ed Pino, Liz Baum

☺ EMERGENCY, EMERGENCY

FIRE ESCAPE RIDE 10:00 AM, Kew Gardens, Approx. 20 leisurely miles

Disasters? They happen 8-10 times a day in our town, with fires topping the list! This ride to "The Fire Zone," in Midtown, will have you caught in the riveting drama of a real life simulated fire. And should the actual thing ever happen, you'll feel much better prepared to save your life and the lives of friends and family. Hold on! It's not all serious. You'll have a chance to darn your turnout gear, get behind the wheel of an engine and shop for some official FDNY toys. Bring \$6 admission fee along with lock and money for lunch at a local eatery. (Anyone for 5-alarm chili?) Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and TBA.

Sunday, March 2

TRAINING RIDE #2: ENGLEWOOD

9:30 AM, Columbus Circle, 35 miles

This time we cross the GW into Joisey... and re-cross again to get back. Leaders Jim Zisfein & Rhonda Wittorf

BROOKLYN RESIDENTIAL TOUR 10:15 AM, Prospect Park Picnic House, 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

Saturday, March 8

TRAINING RIDE #3:

WEST ENGLEWOOD

9:30 AM, Columbus Circle, 40 miles

East Englewood, West Englewood.... what about north and south? Another crossing of the Hudson but without the tolls. Leaders Brian Hoberman & Jim Zisfein

Sunday, March 9 (NOTE: DAYLIGHT SAVINGS TIME BEGINS)

BURAKS IN THE BRONX

9:00 AM, Chelsea Piers, 40 miles

We travel in quest of Buraks and bike-friendly open spaces in the Bronx, where 75% of the ride will be along interconnecting greenways. So be ready to book! Destination is the Bartow-Pell Mansion, on Pelham Shore Road, and return is by way of the lovely Hutchinson Greenway. We'll keep a B pace, tightly packed, out and back (and we'll have an extra hour of daylight to get us home). Bring money for Buraks and a lock. Leaders: Josh Gosciak, Alfredo Garcia

TRAINING RIDE #4: SANDS POINT

9:30 AM, Cunningham Park, 35 miles

One of the nicest spots in nearby Nassau's north shore, and a view to bike for. Leaders Ira Najowitz, Ed Pino, Liz Baum

PETE'S GIFT: A RIDE TO THE SHOKOROPACK PARK

10:00 AM, AYH, 20 miles

Ride to Inwood Park in upper Manhattan where Dutch governor Peter Minuet purchased the island from the Weekqua-sheek Indians for the equivalent of 60 guilders (24 bucks) in tools, beads, or trinkets. According to legend, the Native Americans planted a giant tulip tree where the "rock" is located. Bring bike lock, lunch, or trinkets in honor of this event. Leaders Terry Chin, Ed DeFreitas

Saturday, March 15
TRAINING RIDE #5: NORTHVALE
8:30 AM Quick Spin Group; 9:00 AM,
Regular Spin; Columbus Circle;
40 plus miles

This one's a little longer and maybe a little hillier. Quick spin group will leave first and pedal at faster pace. Leaders: Dennis Griffin & Jim Zisfein (Quick Spin); Rhonda Wittorf & Brian Hoberman (Regular)

Sunday, March 16
FROSTBITE RIDE DOUBLE ZERO:
BROADWAY IN SUMMIT
9:00 AM, World Trade Center, 35-40
miles, flat to rolling plus one big hill

If you enjoyed the series wrap-up a couple weeks ago to the Broadway Diner in Bayonne, you'll love this unofficial finale to its sister location in Summit, NJ, especially since our last attempt at suburbia was washed out. The same flapjacks and other taste treats are on the menu, perhaps all endowed with pre St Paddy's day green toppings. Note hillier terrain and longer distance than the usual Frostbite rides. Bring \$3 for PATH fare, lunch dough and bike locks. Ted M. Kushner, Ed DeFreitas

☺ **GET BACK IN SHAPE #1 -**
SCARSDALE
10:00 AM; RING Garden (across
Broadway from Dyckman/200th stop
on "A" train), 25 miles

This is the first of a series of "C" rides to help us get back into shape after a winter of relative sloth. Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. We will observe Club riding etiquette, but point-drop-sweep system may be waived. Pace: is 8-9 mph avg, terrain is mildly rolling. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Co-listed with NYCC. Leader: Maggie Clarke

Saturday, March 22
TRAINING RIDE #6: LOCUST
VALLEY 9:00 AM, Cunningham Park,
50 miles

Now it's time to gear up for the longer

distances. Another trip to the bucolic north shore of LI. Quick-Spin: Dennis Griffin & Robert Eberwein; Regular Group: Ed Pino, Liz Baum

Sunday, March 23
LOS AMIGOS
10:00 AM, GWB Bus Terminal, 35 mi.

We'll ride West up to the Great Falls in Paterson, New Jersey, snap a few pics, check out some of the old textile mills when labor was a real force in America, stop off at a family-style Peruvian restaurant for lunch, then kick back and have Rodney point the way home. We'll be pack riding it, with face pace on rolling terrain. Leaders Jesse Brown and Josh Gosciak

☺ **GET BACK IN SHAPE #2 -**
CLOSTER, NJ 10:00 am, GWB Bus
Terminal, 25 miles

This is the second of a series of "C" rides to help us get back into shape after a winter of relative sloth. Let's venture into Bergen County, NJ on Irv's very pretty route through the 'burbs of Bergen to the Closter Diner for lunch. Helmets are required. We will observe Club riding etiquette but point drop sweep may be waived. Ride pace is easy; terrain is mildly rolling with steep hills at the end. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Co-listed with NYCC. Leaders: Maggie Clarke, Ed Defreitas

Saturday, March 29
METRIC TRAINING RIDE #1:
HICKSVILLE

9:30 AM, Cunningham Park, 35 miles
This is a repeat of an earlier training ride. The only difference is that the "Metric" series are intended for those planning to cycle a "metric" century, or 65 miles on the "big" day. Leaders Ed Pino, Liz Baum

Sunday, March 30
TRAINING RIDE #7: WESTWOOD
9:00AM, Columbus Circle, 50 miles
Regular Group Leaders: Alfredo Garcia, Josh Gosiak; Quick Spin: Dennis Griffin, Susan Rodetis

4 BORO BIKE RIDE
9:00 AM, City Hall; 30 miles

Meeting Places for
5BBC Rides

RING Garden
(also known as the
Riverside-Inwood
Neighborhood Garden)
Community garden located on the confluence of Riverside Dr., Broadway, Dyckman & 200th Streets and Seaman Ave., Manhattan Subway: A to 200th St. / Dyckman.

World Trade Center
PATH train station entrance, Church St. @ Fulton St., Manhattan. Subways: A C E to Chambers St. / World Trade Center; R W to Cortlandt St.; 1 to Chambers or Rector; 2 3 to Park Place; 4 5 to Fulton St.



New York City
Achilles Tandem
Bike Program

In conjunction with Bike New York, Recycle- A- Bicycle and Fuji Bicycles

Welcomes riders of all
ability levels.

Any person with a
disability is invited to
participate.

Able-bodied captains are
needed!
Training will be provided on how to captain a tandem bike with a rider who is disabled.

Volunteers who own
tandem bikes are also
needed!

Tandem Bike Program will schedule rides every month, starting with a captain / stoker training session on Sun., April 30, 2008, 8AM - 12PM at Central Park.

For more info, please contact Artie Elefant at 212-354-0300 or email bikeachilles@aol.com.

Also visit the Achilles web: www.achillestrackclub.org/tandem_bike/index.html



Over the Hill at age 50 as a Cyclist? Not by a Mile! Put the lie to old age by downloading a FREE first issue of Masters Cycling magazine, for a limited time. Read stories of inspiring two-wheelers: www.masters-athlete.com/public/department107.cfm for a pdf copy.



On Feb. 15, 2008 cyclist Mark Beaumont finished riding 18,000 miles around the world in 195 days & 6 hours, a new record. The previous one was 276 days, 19 hours and 15 minutes, by Steven Strange. www.artemisworldcycle.com has details on Beaumont's ride.



From bookcover: The Best of Newspaper Design 27

Email newsletter@5bbc.org to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles and photos --let us know. Let's have fun getting the club's paper communiq e mailed to our members in the Age of 21st Century Internet.

Sorry Staten Island, we're going to Da Bronx through Brooklyn and Queens to the Italian enclave called Arthur Avenue. And we are going for Chinese food, Ha Ha. Pizza like it's supposed to be at bike friendly restaurant. There's other stuff to see. We'll go back through Manhattan along the stylish East River bike path (mostly). Moderate pace and terrain. Leaders Ed DeFreitas and others

Saturday, April 5
TRAINING RIDE #8: CENTRE ISLAND
9:00 AM, Cunningham Park, 65 miles
 Quick-Spin Dennis Griffin & Robert Eberwein; Regular Group Ed Pino & Liz Baum

☺ **PALISADES BIKE HIKE: FOREST VIEW 9:00 AM, GWB Bus Terminal (W 178th & Ft Washington Ave), 20 mile ride, 7 mile hike**

Get up close and personal with New Jersey's Palisades cliffs on this classic bike hike. The hike brings you to some of the most impressive scenery in the area. It includes a 500-foot climb that is moderately strenuous but not technically difficult. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Relaxed, easy pace for both ride and hike. Leaders Jim Zisfein and others.

Sunday, April 6

☺ **GET BACK IN SHAPE #3 - WHITE PLAINS 10:00 am, RING Garden, across Broadway, Dyckman & 200th St. stop on "A" train, 32 miles**

This is the third of a series of "C" rides to help us get back into shape after a winter of relative sloth. Let's venture north again on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. We will observe Club riding etiquette but point drop sweep may be waived. Bring lock, money for lunch, your Metro-North pass for emergencies. Ride pace is easy, terrain mildly rolling. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Co-listed with NYCC. Leaders: Maggie Clarke, Ed DeFreitas

☺ **A BROOKLYN RIDE WITH GARY FISHER. 10:00AM, Trek Bicycle Store of Brooklyn (1755 McDonald Ave., b/w Aves. O & P, F Train to Ave. P. 20 miles.**

Bicycling legend Gary Fisher will join us today on a ride celebrating a new bike shop opening. We will visit Brooklyn landmarks including Ocean Parkway (home of America's first bike path), Coney Island's Parachute Jump ("the Eiffel Tower of Brooklyn"), the Riegelman Boardwalk, the Shore Parkway Greenway, Sunset Park, Green-Wood Cemetery & Prospect Park. Leaders: Jesse Brown, Ed Defreitas, Terry Chin & honorary ride leader Gary Fisher.

Saturday, April 12
TRAINING RIDE #9: ROCKLAND LAKE 9:00 AM, Columbus Circle, 70 miles

Leaders Alfredo Garcia & Brian Hoberman
 Quick-Spin: Susan Rodetis

Sunday, April 13
TRAINING RIDE #10: SUNKEN MEADOW 8:30 AM Regular Group; 10:00 AM Quick Spin, Cunningham Park, 75 miles

This time the "regular group" will meet and depart early; the Quick Spin group will be hooking up w/a NYCC contingent arriving from Manhattan. Regular Group: Ed Pino, Liz Baum, Ira Najowitz; Quick-Spin Group: Dennis Griffin, Neile Weissman

METRIC TRAINING RIDE #2: ENGLEWOOD 9:00 AM, Columbus Circle, 30 miles
 Leaders Ed DeFreitas and others

☺ **GET BACK IN SHAPE #4 - EAGLE ROCK 10:00 am; World Trade Center PATH station**

This is the fourth of a series of "C" rides to help us get back into shape after a winter of relative sloth. We'll take it easy on this short, but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. If not, we'll eat indoors nearby. Towards the end of the ride, we'll go through Cherry Blossomland

and maybe get an early preview of the blossoms. Ride pace easy, terrain is mildly rolling with a few steep hills before lunch. We will observe Club riding etiquette but point drop sweep may be waived Bring \$3.00 for PATH, lock, money for lunch. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Co-listed with NYCC. Leaders: Maggie Clark and TBA

Saturday, April 19
METRIC TRAINING RIDE #3:
CITY ISLAND

9:00 AM, Columbus Circle, 40 miles
 Da Bronx is the goal for this one, and one of the nicer destinations in the city for biking and food! Leaders Danny Lieberman & Ted Kushner

Sunday, April 20, 2008
GET BACK IN SHAPE #5 - IRV
WEISMAN CHERRY BLOSSOM RIDE
/ LITTLE FALLS 9:30 am, World
Trade Center PATH station,
35-40 miles

This is the fifth of a series of rides to help us get back into shape after a winter of relative sloth. This scenic highlight of the spring season takes us through Cherry Blossomland outside Newark not once, but twice. This is one of the largest collections of cherry trees in the country. We'll also go through the magnificent estates in the Montclairs and depending on weather and our conditions, we'll lunch in either Upper Montclair or Little Falls. We will observe Club riding etiquette, but point drop sweep may be waived. Ride pace is easy, terrain mildly rolling with a few steep hills. Bring lock, money for lunch, PATH fare. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Co-listed with NYCC. Leaders Maggie Clarke & TBA

AN EARTH DAY RIDE TO THE SALT MARSH, MARINE PARK
1:00 pm, Prospect Park Picnic House, 20 miles

Visit the nature center and walk its trails. There's a wealth of flora and fauna with great birding opportunities, too! Also, a choice of the Audubon Center in the

Prospect Park boathouse. Walking shoes recommended. Bring lock and money or snacks. Leaders Terry Chin, Ed DeFreitas.

Saturday, April 26
TRAINING RIDE #11: STONY POINT
8AM, Columbus Circle, 82 miles
 Leaders Alfredo Garcia & Jim Zisfein

Saturday, May 3, 2008
TRAINING RIDE #12: LLOYD NECK
8AM, Cunningham Park, 85 miles
 Leaders Ira Najowitz & Dennis Griffin

Sunday, May 4
 It's time for BIKE NEW YORK! No Club rides today!



Saturday, May 10, 2008
TRAINING RIDE #13: EATON'S NECK
8AM, Cunningham Park, 90 miles
 Note: this is long distance ride with no point drop sweep. CUESHEET ONLY RIDE. You will either ride on your own or go with others using a cuesheet. Leaders Ira Najowitz & Dennis Griffin

The 5BBC
Five Icon Jersey



Our current Five Borough Bicycle Club jersey, designed by long-time 5BBC member & leader 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.



"A handful of love is better than an oven full of bread."
 Breton Proverb

The Association of Bretons in New York is humbly dedicated to promoting Brittany, a region in France via culture & travel. Visit www.bzh-ny.org. Register for the Montauk Century and you could win a trip to Brittany for two.



Unique decorative lighting, shaped in the form of a drop handlebar road bike, at a South Bronx fixture shop. Bright illumination comes out of the spokes and center of top tube. Photo by Barbara Garcia.



Summary of Weekend Trip Rules

Membership required. To go on a weekend trip you must be a member of the Five Borough Bicycle Club, due to insurance regulations. You may join on the same registration form used to sign up for weekend trips. The annual fee is \$20 for individuals, or \$25 for two people residing at the same address. Membership gets you additional benefits including a subscription to our bi-monthly newsletter, which lists all our day and weekend rides; discounts to bike shops and on our bicycle courses.

What's Included. The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners, unless noted otherwise. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also wear a bike helmet on all rides, no exceptions.

How We Ride. Weekend trips are lead by trained and experienced, but unpaid volunteer club leaders. On most trips, we use the Point-Drop-Sweep system to keep us together. In this system, leaders ride at the front and rear of the group. Trips have been categorized by distance, pace and terrain, as follows:

A Rides - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain.

B Rides - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills.

C Rides - easy, 20 to 35 miles per day, easy pace, and flat terrain.

Transportation. Our arrangements vary by trip and may include the following:
(CONTINUED ON PAGE 9)



Five Borough Bicycle Club

Addition to the 5BBC's Springtime Classic

MONTAUK CENTURY WEEKEND

May 17-18, 2008 (depart Saturday morning, return Sunday evening)

Trip No. MCW

Space Available: 12 people

Deposit: \$150

Regular price: \$275

Early-Bird discount price (Deadline April 15): \$250

Transportation: Van

Lodging: business class hotel, double accommodations

Trip Rating: A, B

Mileage: Flexible; Approximately 65 - 100 miles per day, mostly flat Leaders: Ken Williams and Wentworth Price

For years cyclists from across the Northeast have come together to ride a springtime classic, the 5BBC Montauk Century. There's no wonder why: the ride is flat, scenic and superbly supported. Though, not everyone is up for biking 145 miles from Manhattan to Montauk in one day. Now, you can do it in two days on our third annual Montauk Century Weekend! This year our weekend option will include additional mileage opportunities for those interested in completing a fairly easy twin century over the two days. You'll start pedaling east from Manhattan Saturday morning, following the same Montauk Century route, and being supported by a private SAG van, which will also tote your weekend bag. Near the mid-point, we'll gather for a fine dinner together and then retire for the evening at a hotel. Sunday morning, we'll have breakfast and join the throng for the rest of the route out to Montauk, enjoying all the Montauk Century event day services along the way. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear, back to the city. Simple, Convenient, and Comfortable.

Please note that the weekend trip price includes the \$65 registration fee for the Montauk Century event. If you have already paid for the event, please let the trip leaders or Weekend Trips Coordinator know so that you may receive reimbursement for the fee after the trip.

BONUS: If you're online, this Bicycleletter PDF edition is INTERACTIVE--click on BLUE lettering or on most icons or photos--it will go to a weblink or allow you to write an email--Editor

New Ride! Explore The Sites Of The Pioneer Connecticut River Valley!

AMHERST WEEKEND

May 23-26, 2008 (depart Friday night, return Sunday)

Trip No.: AW

Regular price: \$385

Early bird price: \$345 (Deadline April 23)

Deposit: \$150

Transportation: van or carpooling

Lodging: eco lodge (private and dorm-like accommodations)

Trip rating: B

Mileage: Various, on rolling hills

Leaders: Josh Gosciak & Ted Kushner

What better way to celebrate the cycling season than a bicycle tour in lovely Amherst, Massachusetts, and the gateway to the picture-perfect Pioneer Connecticut River Valley? We'll spend the weekend at a mountaintop retreat, a self-styled Eco Village (yes, and reputedly the highest point in the region), solar-powered and energy efficient. After a cozy night in the bunk (there are private and dorm-like accommodations), we'll chow down to a sumptuous breakfast before coasting (literally) downhill to the famous Norwottuck Rail Trail. We'll travel along the Connecticut River, to Greenfield and Poet's Seat, with majestic views of the valley, then on to Historic Deerfield and Northampton. Sunday, we'll take the van to Amherst, and take it easy: Visiting the Peace Pagoda, the Yiddish Museum, Emily Dickinson's home, and tours of some of the local college campuses. We'll have an early dinner, and will get back in the city around 10 PM. Trip includes van to and from Amherst, two-night's accommodation, with breakfast and dinner. Ride is limited to 7.

Memorial Day Weekend in Amish Country

PENNSYLVANIA DUTCH TREAT

May 23-26, 2008 (Friday morning to Monday evening)

Trip No. PDT

Deposit: \$150

Regular price: \$365

Early-Bird discount price (Deadline April 23): \$330

Transportation: Van or Carpooling

Lodging: farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Weekend Trips 2008

Mileage: Moderate, 40/day on rolling hills
Leaders: Steve Sakson & Andrea Mercado

Step back to a simpler time during our trip to bucolic Lancaster County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures, and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll visit a working gristmill, and picnic on the site of an early settlement village. We'll lodge at a local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. Dinner will be a unique experience every night. One evening, we'll be guests at the home of an Amish family. We'll also partake of a traditional Penn Dutch all-you-can-eat smorgasbord, and we'll cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

Savor The French Canadian Ambience Of Montreal

MONTREAL AND THE TOUR DE L'ILE

May 30- June 2, 2008 (AM departure, PM return)

Trip No. MTL

Space Available: 25 people

Deposit: \$250

Regular price: \$720

Early-bird discount price (Deadline April 30): \$650

Transportation: Luxury motor coach

Lodging: hotel, double accommodations

Trip Rating: A, C

Mileage: 12, 60, 30 miles

Terrain: Mostly flat, very scenic

Leaders: Steve Sakson, & Wentworth Price
Fun-loving cyclists--unite and join us for a truly amazing weekend of cycling north of the border! We'll travel in a comfortable motorcoach, dine at some of Montreal's finest restaurants and lodge at a nice and centrally located boutique hotel near Old Montreal. The riding is on mostly flat and scenic terrain, the spectacular night tour and the enormously festive Tour de L'Ile are superbly supported and jam packed with excitement. We will even offer you an opportunity to choose your own "adventure;" on Saturday you may elect to do your own thing, a group quick spin in

the nearby countryside, a tour of tasty local treats or a combination of choices. So if you enjoy the excitement of sharing the road with 40,000 cyclists from all over the world, a lively night scene and fine dining in a bike-friendly, world-class city this is the trip for you.

Please note that since this weekend trip travels to Canada, proof of U.S. citizenship or residence will be required at the US/Canada border. After more than 25 people sign up for the trip, they will be placed on a waiting list.

Long Island and Connecticut Combo via Train, Bike & Ferry

SHORE TO SHORE

June 14-15, 2008 (Saturday morning to Sunday evening)

Trip No. STS

Deposit: Total Price

Regular price: \$140

Early-Bird discount price (Deadline May 14): \$125

Transportation: Train, Ferry, Self Supported

Lodging: Dorm rooms

Mileage 65-75 miles/day

Trip rating A-B. Ability to maintain all-day pace of 17 mph on flats. Ability to follow cue sheet. No point-drop-sweep.

Leaders Dennis Griffin & Susan Rodetis

Picture perfect views of the Long Island and Connecticut shores and the beauty of L.I. Sound are among the highlights of this unique ride. Early Saturday, hop onto your LIRR station of choice to arrive at Smithtown at 9:15 AM, where this trip starts. We cycle along the North Fork, past farms and wineries, to the Orient Point ferry. The boat zips us across the Sound to New London, a historic whaling and seafaring community, now a scenic resort town. That night we'll sit down to a delectable shore-type dinner, and overnight at Connecticut College dorms. Sunday's bike ride skims the shoreline and ventures inland to a petite ferry crossing the Connecticut River. Trip ends at New Haven Metro North station approximately 5 PM. You must have rear and front lights, a lock, and cyclometer w/mileage metering. You will carry your own toothbrush, light toiletries, and overnight clothes. We provide bedding and towels. Trip runs even
(CONTINUED ON PAGE 12)



Summary of Weekend Trip Rules

Self contained trips: Cyclists carry their own gear in pannier bags on their bike or in a backpack through the day.

Van trips: We drive as a group to our destination in a comfortable 15-passenger van. We carry our bikes on the van, or, for larger groups, we rent a second van.

Carpool trips: If you have a car, this offers you the opportunity to obtain a substantial discount off the price if you agree to take up to two passengers and their bikes. We can often supply a rack for your car if you don't have one. Once you sign up for a trip, your leader may ask you about the carpool option. Rebates for each trip are based on the cost and driving distance, and vary with each trip.

Lodging. When we stay in motels or B&Bs, lodging is double or triple occupancy. When we stay in hostels, trippers share dormitory-style bedrooms, some with bunk beds. Some hostels have curfews. Some may require guests to perform simple housecleaning tasks.

Meals are sit-down affairs in local diners and restaurants unless otherwise noted. At hostels, we'll sometimes cook our own.

Signing up. You may sign up by mail or online. By mail, download a copy of our registration form and mail it to us at 5BBC, 891 Amsterdam Ave., New York, NY 10025.

(CONTINUED ON PAGE 12)



Scenes From Previous Editions of the Montauk Century



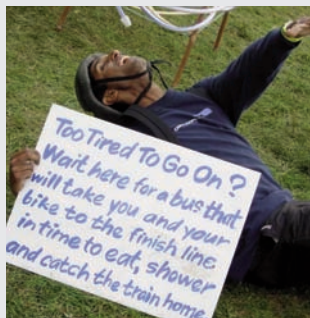
The need for speed. Photo by "gdegent."



Veteran Montauk Volunteer Fred Jones



Cyclists on Dune Rd.



Helpful volunteer's undying devotion to help people make choices at the crossroads.

Above three photos by Clarence Eckerson



The 2008 Montauk Century (Continued from Page 1)

Thanks to BZH New York, a cultural organization, this trip will bring our lucky winner to the northwest corner of France. Brittany will host the start of the Tour de France this summer. Please visit our website for more details about this prize.

This year we are bringing back the bike wrap material for the return trip. If you would like to have your bike wrapped there will be a modest charge at the train station for the material.

Questions or comments? Email us at montauk@5bbc.org.

Danny Lieberman
5BBC Special Events



Corey Beach, picturesque Montauk Century rest stop. Photo by Sharon Behnke



Road Bike at Montauk Lighthouse, January 2008. Photo by Danny Lieberman



photo from www.fastnfab.org

A CYCLIST REMEMBERED

Last July 2007, Lee Gorman, a long-time cyclist and ride leader for the Fast and Fabulous Cycling Club, unexpectedly passed away at age 51 of an aortal aneurism. Her passing was heartbreaking to the Big Apple's Gay and Lesbian cycling community.

Lee as a bike leader, helped and inspired her fellow cyclists, esp. leading long distance rides. Fast and Fab's Bob Nelson, recalled "She relates to people on a natural, one-to-one level...a kind of person who had the emotional strength to pull things together and not make a big production of it."

Surviving partner Katherine Timon recalls "Lee sparked with energy, had a great personality and found the joy in people. She was an outgoing person who always welcomed others into her circle; anyone who ever met Lee couldn't help but be touched by her spirit."

On Feb. 2, Front Runners New York, at their annual dinner, gave the first Lee Gorman Memorial Cyclist of the Year award, in her honor. For more details and memories of Lee, visit www.fastnfab.org/leegormanmemorial.html. You can also make a donation to [Recycle-A-Bicycle](http://www.recycle-a-bicycle.org) in Lee's memory.



Photo by Arabelle Taggart

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

5BBC Leadership Training Course



We Want You To Become A 5BBC Leader

New leaders bring fresh new ideas, new trips, and new enthusiasm to our club. This is what keeps us riding. If you take our course, we'll give you training on how to organize & run both day & weekend trips.

The course is taught by Ed, Liz, and other experienced 5BBC leaders. It combines classroom instruction with practical riding experience.

Our next Leadership Training Course will be offered in Spring 2008. 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).

Five evening classes:

- * Wednesdays, 6:30-9:30pm
- * May 21, May 28, June 4, June 11, June 18
- * Location: Hosteling International-AYH, 891 Amsterdam Ave at 103rd St, Rm. 002, Manhattan

Three day rides:

- * Saturday May 24
- * Sunday June 1
- * Sunday June 15

One weekend trip:

- * Friday evening June 20 – Sunday June 22

* 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).

For more information: Please call us at 718 487-4992, email leadership@5bbc.org or visit www.5bbc.org/leader.shtml

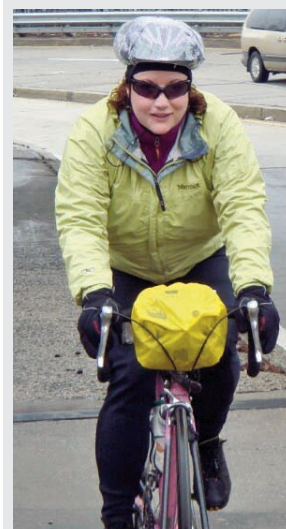
*Ed Pino & Liz Baum
5BBC Leadership*



Photo by John Slasky



Leaders who Led 5BBC Day Trips, 2007



Dave Belzer - 3
 Will Batista - 2
 Liz Baum - 14
 Steve Bauman - 1
 Sharon Behnke - 1
 Marina Bekkerman - 5
 Jesse Brown - 24
 Bob Castro - 4
 John Chiarella - 8
 Terry Chin - 9
 Maria Cummings - 4
 Ed DeFreitas - 38
 Fred Dieckamp - 4
 Bob Eberwein - 1
 Steve Faust - 2
 Jonathan Friedman - 3
 Alfredo Garcia - 14
 Phil Goldberg - 6
 Josh Gosiak - 6
 Caryn Greenberg - 1
 Dennis Griffin - 9
 Martial Henrys - 3
 Brian Hoberman - 13
 Randy Horowitz - 4
 Trudy Hutter - 1
 Stephen Jackel - 1
 Ruth Kassanga - 1
 Ted M. Kushner - 9
 Susan Levine - 2
 Steven Libby - 1
 Danny Lieberman - 24
 Natalia Lincoln - 4
 Jim Mallard - 2
 Andrea Mercado - 3
 Rodney Millard - 4
 Ira Najowitz - 8
 Bob Parlan - 1
 Ed Pino - 15
 Wentworth Price - 2
 Ed Ravin - 9
 Owens Ridges - 3
 Susan Rodetis - 1
 Richard Sanford - 9
 Manny Sanudo - 3
 Elly Spangenberg - 1
 Wally Stuck - 1
 Lee Ann Van Wyck - 1
 Neile Weissman - 5
 Ken Williams - 2
Rhonda Wittorf - 9
 Jim Zisfein - 14

Leaders Who Led 5BBC
Weekend Trips, 2007



Sharon Behnke - 1
Cyde Eisman - 1
Jonathan Friedman - 1
Dennis Griffin - 1
Martial Henrys - 1
Andrea Mercado - 1
Ira Najowitz - 1
Wentworth Price - 1
Susan Rodetis - 1
Steve Sakson - 2
Manny Sanudo - 2
Cesar Vasquez - 1
Ken Williams - 1
Jim Zisfein - 1

Summary of Weekend Trip
Rules

(Continued from page 9)

Or register online at www.active.com
using your credit card (there is a small
extra charge).

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

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

Fred Dieckamp
5BBC Weekend Trips

**WEEKEND TRIPS (CONTINUED
from page 9)**

with rain as we'll have a fun alternative
transport plan. Note: Train fares will be
individually paid for by each tripper and are
not reflected in the trip cost. Current Off-
Peak rates are \$9.50 for LIRR Grand
Central to Smithtown, LI and \$14 for New
Haven to Grand Central.

*Return Of A Classic! Delaware River &
National Recreation Area*

PEDAL & PADDLE POWER

July 3-6, 2008 (depart Thursday night,
return Sunday evening)

Trip No.: PPP

Regular price: \$330

Early bird price: \$300 (Deadline June 3)

Deposit: \$150

Transportation: van and/or carpooling

Lodging: lodge (4 room lodge with
bunk beds)

Trip rating: A/B

Mileage: flat-to-hilly, 150 miles in 2+ days

Leaders: Fred Dieckamp & Steven Libby

Spend Fourth of July weekend riding in
Jersey's Delaware River region of Warren
and Sussex counties. We'll cross over in to
PA to see Dingmans Falls. More extreme
cyclists may add a 25-mile extension to also
visit Bushkill Falls. The next day we'll bike
along Kittatiny Ridge to High Point State
Park and return along the Delaware. On
Sunday, we'll ride to the Delaware Water
Gap and then kayak (or canoe) on the river
to soak away our cares before returning to
NYC. We'll eat out one night at the Walpack
Inn (www.walpackinn.com). Other
highlights of this trip include visits to
historic Millbrook Village and a craft center.
Accommodation is in a lodge belonging to
the Appalachian Mountain Club. Ride is
limited to 14 trippers.

Upstate Rail Trails and Country Roads

HARLEM VALLEY RAIL WEEKEND

July 26-27, 2008 (depart Saturday
morning, return Sunday night)

Trip No.: HVRW

Price: \$175

Early bird price: \$165

Deposit: \$100

Transportation: Metro-North Railroad and
self-contained

Lodging: budget lodge (semi-private rooms
& communal bath)

Trip rating: A/B

Mileage: flat-to-hilly, 100-70 miles in 2 days

Leaders: Jim Zisfein & Cesar Vasquez

This self-contained 2-day trip features an
escorted ride, a hike, a swim, and
admission to one of New York's best
bicycling events. Saturday morning we'll
take the train from NYC to Wingdale for an
escorted bicycle ride on the acclaimed
Harlem Valley Rail Trail and low-traffic
country roads. Saturday afternoon's
activities include a hike to beautiful Bash
Bish Falls, an optional ride up a steep
mountain road to a spectacular vantage
point, a visit to a museum of the industrial
history of the region, and a refreshing swim
in a lake formed from an abandoned iron
ore mine.

Lancaster's Crown Jewel

COVERED BRIDGES RIDE

August 16-17, 2008 (Saturday morning
to Sunday night)

Trip No. CB

Deposit: \$150

Regular price: \$240

Early-bird discount price (Deadline July 16):
\$220

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Manuel Sanudo & Martial Henrys

Discover some of Pennsylvania's most
famous rural scenery and best biking as we
join 3,000 other riders in the annual
Covered Bridge Metric Century. This major
Northeast biking event, produced by the
Lancaster Bicycle Club
(www.lancasterbikeclub.org), offers the
choice of 62-, 31- and 15-mile routes, with a
maximum of seven different historic
covered bridges, followed by a post-ride
party at a brook-side park. You'll get a free
T-shirt for doing the ride and will be
rewarded with a traditional Lancaster
County smorgasbord dinner on Saturday
night.

*New Addition To The lineup! The First In
The Presidential Homes Series Of Rides*

SEEKIN' HYDE PARK

Sept. 13-14, 2008 (Saturday morning to
Sunday afternoon)

Trip No. SHP

Regular Price \$185

Early Bird Discount Price \$165 (Deadline
Aug. 13)

Deposit \$100

Transportation: Metro North Railroad and self-contained
Lodging: College campus
Trip rating: B/C
Mileage: 65 miles in 2 days, some hills
Leaders: Susan Levine & Stephen Jackel

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

Easiest 100 Miles In The East

SEA GULL CENTURY

October 3-5, 2008 (Friday afternoon to Sunday evening)

Trip No. SGC
Deposit: \$150
Regular price: \$430
Early bird discount price (Deadline Sept. 3): \$385

Transportation: Van or carpool
Lodging: Motel, double accommodations
Trip Rating: A/B/C
Mileage: 65 miles or 100 miles, mostly flat
Leaders: Steve Sakson & Wentworth Price

This annual event is often rated the best century ride in the East, and the easiest! No wonder it attracts more than 6,000 riders every year. But, don't worry about crowds. The Sea Gull features only quiet country roads through the Chesapeake Bay's finest farmland. Sponsor Salisbury University offers top-notch support with plenty of rest stops loaded with goodies, including pie a la mode. By midday we'll reach Assateague Island State Park, where the wild ponies roam, and where you can take a dip in the ocean before heading back. Saturday night features a hilarious karaoke scene with the finest local talent, or perhaps an extreme bowling excursion featuring dayglow pins and blacklights. Sunday we'll take a shorter cool-down ride before heading home.

New Ride! Visit The Jersey Shore, Cape May, Atlantic City & A Century As Well

CAPE MAY ESCAPE

Oct. 25-26, 2008 (depart Saturday morning from Bay Head, NJ, return Sunday evening)

Trip No.: CME
Regular Price: \$180
Early bird price: \$160 (Deadline Sep. 24)
Deposit: \$100
Transportation: van or carpooling
Lodging: motel; double accommodations
Trip rating: A/B, averaging 15 mph
Mileage: 100 to 170 miles in 2 days
Leaders: Josh Gosciak & Alfredo Garcia

The Cape May Century: A soon-to-be 5BBC signature event. The ride starts at 9:30 AM sharp, at the train station in Bay Head, NJ. Trippers will catch the 7:07 AM train at Penn Station on Saturday to Bay Head. We'll head down along the coast to lovely Cape May, where a heated pool, a hot tub, and sumptuous dinner await us. Shared rooms with ocean views, and an all-you-can-eat breakfast are included. On Sunday, we'll take a more leisurely route back up the coast to Atlantic City, visiting Lucy the Elephant and other boardwalk sights, before we load up and van it back for the ride to NYC. Ride limited to 6 self-contained riders, w/gear, tools, and a change of clothes for one night.

Note: Trippers, at their own expense, may take NJ Transit to Bay Head, New Jersey, on Friday night, October 24th, after 7 PM (i.e. off-peak) and make arrangement to sleep over for the start the next morning. These expenses are not reflected in the prices listed above.



Photo by Arabelle Taggart

LEARN HOW TO RIDE A BIKE--GROUP OR INDIVIDUAL APPOINTMENT Experienced instructor of 20+ years.
Terry Chin (718) 680-5227



Visit www.hotvelociti.com, owned by 5BBC member Jen Benepe, for unique selections of cycling clothing like jerseys, socks and other gear. You can buy them also at shops like Bike Habitat, Toga Bikes and Paragon Sports.



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www.abbike.com

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New York, NY 10025

By Appointment:

Phone (646) 734-7114

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.

Weekend Trips

Name of Trip _____ Total Paid \$ _____
 Number of Trippers _____
 See trip listings for prices. For insurance reasons you must be a 5BBC member to join a weekend trip.

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
www.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 Sheepshead Cycles
2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430

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-
www.bicycleshop.com

B-Fold (Folding bikes)
224 E 13th St.(2nd-3rd Aves)
NY, NY 10003 212-529-7247
www.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
www.bicyclerenaisance.com

Champion Bicycles
896 Amsterdam Ave (103-104 Sts)
NY, NY 10024 212-662-2690
www.championbikes.com

Chelsea Bicycles
156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
www.chelseabicycles.net

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

Gotham Bikes
112 W Broadway
NY, NY 10013 212-732-2453
www.togabikes.com

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

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

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com

Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181

www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771

516-922-2150
www.visentinbike.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

www.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

www.baybrookbicycles.com

College Street Cycles
252 College St.
New Haven, CT 06510
203-865-2724

www.collegestreetcycles.com

Newington Bicycle
1030 Main St.
Newington, CT 06111
860-667-0857

www.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
www.bicycleworkshop.com

Marty's Reliable Cycle
173 Speedwell Ave.
Morristown, NJ 07960
973-538-7773

www.martysreliable.com

Strictly Bicycles
507 Main Street
Fort Lee, NJ 07024
201-944-7074

www.strictlybicycles.com



Larry & Jeff's Bicycles Plus (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
www.metrobicycles.com

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

Sid's Bike Shop
235 E 34th Street NY, NY 10016
212-213-8360
www.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

www.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

www.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

www.peakmtnbike.com
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
www.thebicycleplanet.com

Bike Discounters (1)
2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230

www.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

www.brandscycle.com
Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953

631-924-5850
www.carlhart.com
Sayville Bike Works
75 Main St.

West Sayville, NY 11796
631-589-0009

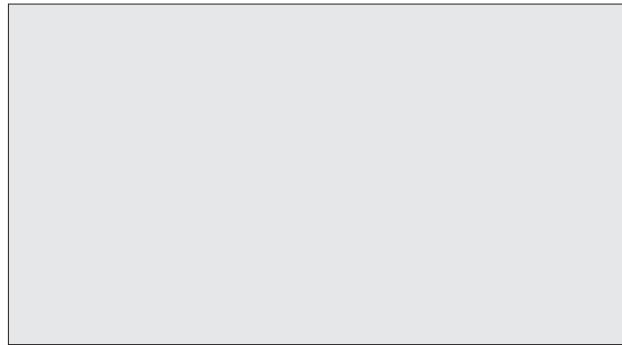


c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403

Address Service Requested



The 44th
Montauk Century
Sunday
May 18
2008



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

About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive 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 May-June 2008 issue is:

Monday 7 April 2008

Bicycletter
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Contacting Us

The 5BBC has office hours on Monday 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 .