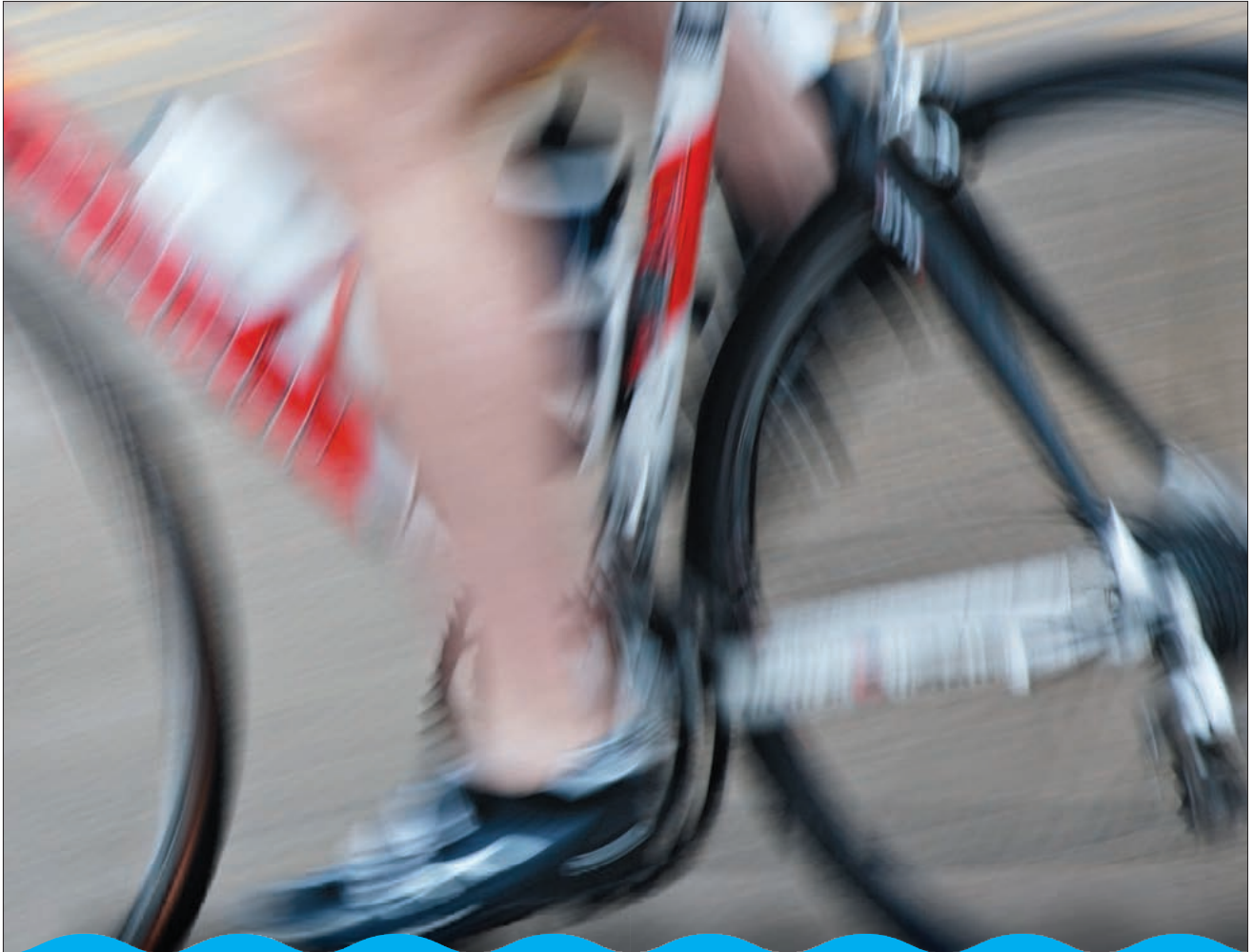


B I C Y C L E €   € R.®

Bi-Monthly Publication Of The Five Borough Bicycle Club  
May-June 2008



44th Annual

**MONTAUK**



**2008**

**CENTURY**

Sunday May 18, 2008--Update--Page 10--Let's Go!

Bicycletter Electronic Edition--click on most graphics, photos or urls, visit a related weblink!



## Five Borough Bicycle Club

### 2008 Executive Board

Jesse Brown  
**PRESIDENT**  
[president@5bbc.org](mailto:president@5bbc.org)

Andrea Mercado  
**VICE PRESIDENT**  
[vicepresident@5bbc.org](mailto:vicepresident@5bbc.org)

John Chiarella  
**RECORDING SECRETARY**  
[recordingsecy@5bbc.org](mailto:recordingsecy@5bbc.org)

Rhonda Wittorf  
**CORRESPONDING SECRETARY**  
[corresponding@5bbc.org](mailto:corresponding@5bbc.org)

Bob Castro / Phil Goldberg  
**TREASURER**  
[treasurer@5bbc.org](mailto:treasurer@5bbc.org)

Ted Kushner / Ed Ravin  
**DAY TRIPS**  
[daytrips@5bbc.org](mailto:daytrips@5bbc.org)

Fred Dieckamp  
**WEEKEND TRIPS**  
[weekends@5bbc.org](mailto:weekends@5bbc.org)

Alfredo Garcia  
**BICYCLE LETTER**  
[newsletter@5bbc.org](mailto:newsletter@5bbc.org)

Ed Pino / Liz Baum  
**LEADERSHIP**  
[leadership@5bbc.org](mailto:leadership@5bbc.org)

Danny Lieberman  
**SPECIAL EVENTS**  
[special-events@5bbc.org](mailto:special-events@5bbc.org)

Leila Rinehart / Ed DeFreitas  
**PROGRAMS**  
[programs@5bbc.org](mailto:programs@5bbc.org)

Beth Katz  
**BICYCLE COURSE**  
[bikecourse@5bbc.org](mailto:bikecourse@5bbc.org)

Jim Zisfein  
**COMMUNICATIONS WEBMASTER**  
[webmaster@5bbc.org](mailto:webmaster@5bbc.org)

Sharon Behnke, Steve Faust, Barry Hartglass, Steven Libby,  
**MEMBERS-AT-LARGE**  
[info@5bbc.org](mailto:info@5bbc.org)

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

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

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

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

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

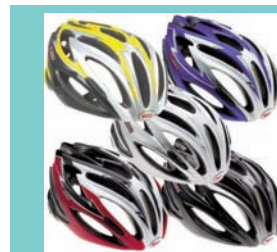
### Participants under age 18

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](http://www.bhsi.org).

**ERRATA:** Susan Rodetis was incorrectly credited leading one 2007 ride, in the March/Apr. 2008 Bicycletter. She actually led one day ride and two weekend trips, getting a 5BBC Leader Tier 1 award. Apologies to Ms. Rodetis. *Editor.*

## 5BBC General Meetings

### A Prelude to Montauk

Thurs. May 8, 2008, 7-9PM.

Location: **Hosteling International,**  
891 Amsterdam Ave., @ 103rd St., Manhattan



Subway: 1 to 103rd St. Are you riding the Montauk Century on May 18? Attend this meeting to find out specifics. BZH New York be on hand to talk about the French region of Brittany & the raffle of a free trip for two for one lucky Montauk Centurion.



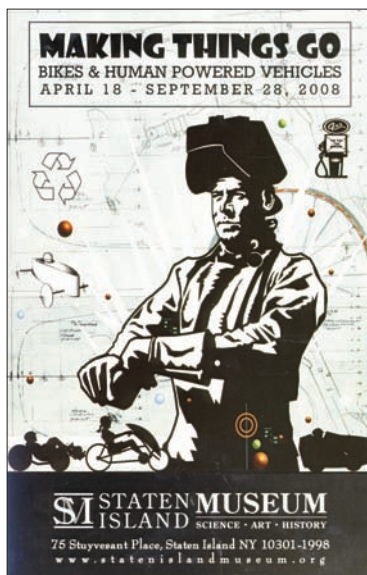
### Karaoke Party

Monday, June 16, 2008, 6:30-8:30 PM

Location: **Karaoke Duet 35, 53 West 35th Street 2nd floor, between 5th and 6th Avenues, Manhattan.**

Subways: 1 2 3 A C E D F N R Q V to 34th St. Cash bar is available for those who want it. Sing to your heart's content. Attention American Idol 5BBC wannabees: We will provide snacks and partially or fully subsidize costs depending on participation. Total not to exceed \$8 plus personal bar tab.

*Leila Rinehart & Ed DeFreitas*  
5BBC PROGRAMS



If you're doing Bike NY Sun. May 4, why not visit this great exhibit? Opens 12-5pm., which is not far from the SI Ferry, Discount for 5BBC members. Stay tuned for a tie-in ride.

*Graphic courtesy of John Chiarella*



Terry Chin wakes up new members from their tents for a ride.  
*Arabelle Taggart photo.*

### Let's Welcome 126 New Members Who Joined The 5BBC, From Feb. 15-April 19, 2008 ☺

Chris Adikes, Phyllis Andrews, Al Angel, Jean Aube, Michele Awuku, Marissa Barrera, Michael Bhanos, Bob Bierman, Andrew Brady, Michael Bretholz, Joan Brickman, Arare Cabrera, Henry Casas, Noel Casas, Ana Marie Castillo, Laura Cely, Lisa Chen, Andrew Clarke, Samantha Clement, Karen Colley, Birgitte Counihan, James Counihan, Jayme Elterman, Elizabeth Estabrook, Dario Fernandez, Michelle Fernandez, Luis Figueroa, Richard Flaherty, Domenico Forte, Julia Fought, Jenell Francis, Gavin Gilbert, Thomas Gonzalez, Marta Guimaraes, Olga Guteneva, Michael Halas, Donna Harpaz, Joe Heredia, Beana Hernandez, Eddie Hernandez, Regina Jacobs, Douglas Jacobs-Moore, Ana Joanes, Barry Junker, Gary Kalbaugh, Gene Kartavtsev, Bart Kavanaugh, Dennis Kelly, Leeanna Kenific, Modesta Kraemer, Sonia Krauss, David Lam, Jessalee Landfried, Phoebe Landrum, Ben LaSpina, Tonia LaSpina, Jean Lee, Joseph Lertola, Christine Love, Sam Lunetta, Robert Malloy, Suellen Malloy, Ryan McGauley, Saturno Medina, Enrique Meza, Vincent Muria, Samantha Naftal, Marcos Naranjo, Leon Negrin, Juanne Ng, Tom Noone, Merle O'Brien, Robert O'Brien, Angelica Ocasio, Christine Oh, Karlo Ortiz, Catol Pallandino, Patrick Pline, Susie Pline, Maria Polesovsky, Ann Powell, Brian Ricklin, Zack Ricklin, Orlando Rivera Jr., Richard Rivera, Karla Rodriguez, Jesse Roehrich, Peter Roffman, Paula Rosen, Alan Rothstein, Jacqueline Roytman, Mitchell Sackett, Sandy Sackett, Steven San Filippo, Betty Saks, Raphael Sassi, Kevin Sayers, Peter Schwinge, Elaina Servidio, Peter Servidio, Irene Shrier, Steven Siegel, Robert Small, Lynn Sarro, Adam Snyder, John Soto, Maggie Stack, Susan Stando, Masaomi Takamiya, Reiko Takamiya, Stanley Tatum, Theo Theodoropoulos, Timothy Thompson, Sonia Tormasi, Sophia Tormasi, Toru Ueda, Charles Wahl, Brian Wagner, Wendy Waite, Gary Warner, Jennifer Wilson, Ulysses Vazquez, Ilona Vinklerova, Paula Widdicombe, Mitch Wrubel and Melanie Yolls.



### 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/nyct/safety/bike/](http://www.mta.nyc.ny.us/nyct/safety/bike/)

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

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

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

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

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

#### New Jersey Transit (NJR) Bikes Aboard Program

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

Specific restrictions apply when you take your bicycle on New Jersey Transit. For info, please call (973) 762-5100 or visit [www.njtransit.com/rg/rg\\_servlet.srv?hdnPageAction=BikeProgramTo](http://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](http://www.panynj.gov/path/pathrules.htm)

## Meeting Places for 5BBC Rides

Note: W runs weekdays

### AYH (American Youth Hostels-Hosteling International-also HI)

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

### 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 @ 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available.

### Donut Plant

379 Grand St., SW corner of Norfolk St., Manhattan. Subways: F to Delancey St., J or M to Essex St

### Grand Central Station

Enter @ East 42nd St. & Park Ave., Manhattan. Inside head to information kiosk in center. Subways: 4 5 6 7 S to Grand Central.

### Kew Gardens

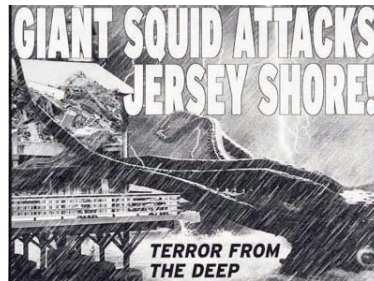
Queens Boulevard (north side) and Union Turnpike, Queens. Meet @ Statue of Civic Virtue on corner. Subways: E F to Kew Gardens, Union Turnpike.

### Penn Station

8th Ave. & 31st St., sidewalk corner, Manhattan. Subways: 1 2 3 A C E to 34th St.

## DAY TRIPPER

### NEW! Jersey Shore Series



It all begins with a few Sandy Hook incursions (via Seastreak ferry) of about 20 miles to warm up; we then move inland to the Henry Hudson Rail Trail route, with a visit to Keansburg, an old forgotten resort town that still has a few amusements (35 miles). Then head farther south for an incursion into the Pine Barrens and Barnegat -- the name alone conjures encrusted barnacles, sailor's knots, salty air. We'll have lunch in town, at a family-style Italian restaurant, and tour the inlets and environs. Note: The Barnegat Circuit is a midpoint training ride for the Cape May Century, which we'll do on the weekend of October 25 and 26; see 5BBC weekend trips for more details. Ride the entire series (or 4 out of 5) and get a patch. And if we don't have patches by the end of the ride, Alfredo promises to buy everyone a beer when we get into Cape May -- or later, in New York!

## DAY TRIPS MAY-JUNE 2008

### Saturday, May 3, 2008

#### TRAINING RIDE #12: LLOYD NECK 8:00 AM, Cunningham Park, 85 miles

The big bike tour is tomorrow so what better way to warm up than with a long roller coaster trip like Lloyd Neck? Because it's such a long distance ride one group will do just fine. Pack some snacks for the trip, in case you need the extra energy, and plenty of water so you don't get leg cramps. Warning: Not for beginners. Leaders: Dennis Griffin and Ira Najowitz



### Sunday, May 4, 2008

#### BIKE NEW YORK:

**The Five Boro Bike Tour** There are no club rides today. Come join the Tour!

### Saturday, May 10, 2008

#### TRAINING RIDE #13: EATON'S NECK 8:00 AM, Cunningham Park, 90 miles

OK, you've done the rest - now finish the job! The scenery of the North Shore expands on this beautiful trip and the main century event is just one week away. If you're ready for this 90 miler you'll have no problem with the full century coming up. Leaders: Dennis Griffin and Ira Najowitz

#### EMERGENCY, EMERGENCY FIRE ESCAPE RIDE (SECOND ALARM!)

##### 10:00 AM, Kew Gardens, 20-25 miles

The weather extinguished our first "alarm" ride, but disasters still go on 8-10 times a day in our town. You guessed it! Fires top 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 gadgets and 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 others

### Sunday May 11, 2008

#### METRIC TRAINING RIDE #4: PIERMONT 9:00 AM, Columbus Circle, 50 miles

Our metric series concludes with an old standard - Piermont, NY. Enjoy the hills, green pastures and river views. We'll visit the pier that extends nearly a mile into the mighty Hudson. Bring lunch dough and a camera. Leaders: Marina Bekkerman & Ed DeFreitas

#### ONE WAY TO STAMFORD

##### 9:30 AM, RING Garden in upper Manhattan; Take "A" train to Dyckman St / 200th St., 40-45 mile ride

Let's venture north again on a very pretty route through the burbs of lower Westchester but this time keep going into Connecticut. The ride gets hillier as we go, but the lovely residential roads with immaculate landscaping just get better and the mansions get larger as we go through the back roads of Greenwich. If we're lucky we'll do the loop of Old Greenwich Point park that juts into the Long Island Sound, and end up at Stamford Station. We will observe Club riding etiquette. Bring your

Metro-North pass for the ride home. Cancellation: 50% chance of precipitation. Call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Leader: Maggie Clarke & others.



**Sunday, May 18, 2008**

**Special Event**

**THE MONTAUK CENTURY 2008**

**Penn Station and Babylon, NY. 65, 100, or 145 miles.**

Registration required. It doesn't get any more special than this.

**Sunday, May 25, 2008**

**OFF-ROAD VISTAS: THE OLD PUT AND THE OLD CROTON AQUEDUCT**

**9:00 AM, Van Cortlandt Park, 40 miles - OFF ROAD**

Ride up the Old Putnam Railroad trail to Tarrytown and then back along the Old Croton Aqueduct. This is an off-road trip – mountain and hybrids only! The terrain is rough but not terribly hilly. Bring or buy lunch. Leaders: Ed DeFreitas and others

**Monday, May 26, 2008 (Memorial Day)**

**☺ THE GREAT HISTORIC TOUR OF BROOKLYN**

**9:00 AM, City Hall, 15-20 miles**

Explore some historic neighborhoods of Brooklyn. This ride will have many stops including the Heights and the Promenade, Dumbo, Red Hook, Carroll Gardens, Prospect Park, Clinton Hill and others. Bring & fir snack and a lock. Leaders: Terry Chin and others

**FIVE TOWNS QUICK SPIN**

**9:00 AM, Doughnut Plant, 55 miles**

Let's go back to the Five Towns at a B16 pace. We'll cut across Queens, then sail by the exclusive sections before we break for lunch in Cedarhurst. A very fun and flat trip. Bring a lock, a camera, lunch lucre. Leaders: Danny Lieberman, Jim Zisfein.

**Sunday, June 1, 2008**

**BRONX GREENWAYS TOUR**

**9:00 AM, AYH, 45 miles**

This tour offers an opportunity to see the Bronx as never seen before. Be amazed by the diversity and beauty of the Bronx.

Staten Island is not the only forgotten borough. A true journey of discovery. Leaders: Ed DeFreitas and Jesse Brown.

**Saturday, June 7, 2008**

**SANDY HOOK (Jersey Shore Series Part 1) 8:30 AM, Pier 11, 23 miles**

For the 10th straight year, come on this wonderful gem to the northern tip of the Jersey Shore, via the Seastreak ferry. Ride to nice roads, a twin lighthouse and of course, the Hook. Bring \$40 fare, lock, \$ for food, sunscreen & swim gear. Some hills and busy roads. Co-listed with the NYCC. Leaders: Alfredo Garcia & Josh Gosciak.

**Sunday, June 8, 2008**

**☺ WOODLAWN CEMETERY TOUR 9:00 AM, AYH, 30 miles**

Come join the celebration of living history, at New York's second oldest cemetery. We visit not only the pats but also an outstanding venue for reflection, peace, and beauty. We may get a guided tour. Leaders: Ed DeFreitas and Jesse Brown.



2006 Photo by Danny Lieberman

**Saturday, June 14, 2008**

**THE OLD PUT CENTURY 8:00 AM, Woodlawn (Jerome & Bainbridge Aves), almost 100 miles, Quick Spin**

The New York and Putnam Railroad, a/k/a "The Old Put", was a dismal failure as a commercial rail line & was finally put out of its misery circa 1980. Fortunately, the right-of-way was preserved, & the rail barons' loss became our gain when Westchester and Putnam Counties built a rail trail for recreational use. You can now bicycle most of the way from Bronx to Carmel (and back) on a path that is paved, level, and car-free. Hooray! Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, and \$ for Metro-North in case you need to leave early. Travel note: this ride begins at the

**Meeting Places for 5BBC Rides**

**Pier 11**

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

**Prospect Park (Grand Army Plaza)**

Flatbush Ave. @ Eastern Parkway, Brooklyn. Near benches @ entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

**Prospect Park (Picnic House)**

Inside the park, on Prospect Park Dr., south of 3rd St., Brooklyn. Subway: 2 3 to Grand Army Plaza, F 7 to 7th Ave., R to Union St.

**RING Garden**

**(aka 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.

**South Ferry**

Bike waiting area, outside lower level of Whitehall terminal of Staten Island Ferry, Manhattan. Subways: 1 to South Ferry, R to Whitehall St., 4 5 to Bowling Green. 2 3 A C E nearby



**St. George Ferry Terminal**

Lower area, near bike waiting area, down ramp of terminal, near Bay St., Staten Island. From Staten Island only: Take Staten Island Railway to last stop @ St. George.

**Van Cortlandt Park**

Broadway at West 242 St., Bronx. Last stop on 1 Subway.

**Woodlawn**

Jerome Ave. & Bainbridge Ave., Bronx. Last stop on 4 Subway. Car parking available @ nearby golf course for a fee.



## Musings of A Bicycletter Man

Let's be careful out there. On April 19, after scouting a hilly 80+ mile Stony Point training ride, returning to Manhattan, I had a humbling experience. Cycling down to Riverside Dr. & 165th St., a dark piece of metal was stuck on the front tire. When pulled out, it was revealed to be a small sharp nail (above.) In no time, the air hissed out. I didn't mind replacing the tube, but one wonders if someone put out the nail on the GWB or on the street to be spiteful or to do harm to us cyclists. Please gauge road conditions, be attentive, carry that tube, patch kit, pump and tire irons. That flat tire you prevent or salvage could be your own.

Lastly, I wish the best of luck with the Montauk Century, to those as registered riders and dedicated volunteers. Cycle safe & have fun.

*Alfredo Garcia  
Editor  
Bicycletter*

Want to help  
with the print  
Bicycletter? With  
other involving  
things?



From bookcover: The Best of Newspaper Design 27

Email [newsletter@5bbc.org](mailto: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 comminiqué mailed to our members in the Age of 21st Century Internet.

last stop on the Bronx-bound #4 subway, not the Metro-North station of the same name. Leaders: Jesse Brown, Jim Zisfein

## ☺ SPANISH BY BICYCLE, LANGUAGE IMMERSION RIDE

**10:30 AM, Prospect Park Grand Army Plaza, Approximately 20 leisurely miles.**

My gosh, you've got one week before that trip to San Juan and all you can say is "Gracias?" Have no fear amigo. We'll get your Spanish in shape before you can say, "Coco con cacao." Join us for this language immersion ride through the Lower East Side and up to "El Barrio (also known as Spanish Harlem)." It's all there; salsas y sopas, congas y bongos, mangos y manzanas. But, there's a catch. You've got to pledge to speak Spanish even if you know only one word. (We'll help you be creative). By the time you head out into the rain forest (el Yunque) you'll be cutting cocos from the trees like a native. Rain at start cancels. Bring lock and money for lunch at a local Spanish restaurant. Leaders: Richard Sanford and others

## Sunday, June 15, 2008

**HENRY HUDSON RAIL TRAIL TOUR (Jersey Shore Series Part 2) 8:30 AM, Penn Station. 35 miles, easy pace**

We'll take the 9:07 AM NJ Transit train out of Penn Station (9:25AM via Newark Penn Station for those coming from downtown Manhattan.) Buy your ticket early (\$12.50, one way). We'll meet 11:18AM in Bay Head Terminal, travel west to Freehold, then onto the Henry Hudson Trail (greenway) to Keansburg & the Highlands. We'll take the Seastreak ferry (\$23 fare) back from either the Highlands or Sandy Hook, ~4:30. Some hills & busy roads. Co-listed with NYCC. Leaders: Josh Gosciak, Alfredo Garcia.

## Saturday, June 21, 2008

**CLEARWATER HUDSON RIVER REVIVAL 7:30 AM sharp!, Grand Central Terminal, 25 miles, flat to rolling with one big hill**

Come celebrate our 20th annual day-long, start-of-summer retreat to this classic folk music festival! We'll board Metro North for a jump start to White Plains, then cycle to Croton Park. Clearwater has been thinking "green" long before Mr. Gore, and the Sloop was named to the National Register of Historic Places in 2004 for its role in the environmental movement. Enjoy 5 stages of music, non-stop dancing, crafts, activists, stories, souvenirs, and of course, food.

Scheduled performers include the legendary Happy and Artie Traum, plus Cheryl Wheeler, Magpie, Entrain, and the Nobel Peace Prize candidate himself, Pete Seeger. Limited discount admission tickets (\$25) will be available. Festival and ride are rain or shine! Recommended but optional return to NY also via train. Free valet bike parking will also be available via our friends at Times Up! And who will be the recipient of this year's special ride dedication ceremony? Bring \$20 for train fare plus Metro North permits, sunscreen. Leaders: Ted M. Kushner and others

## Saturday, June 28, 2008

**TIE-IN TO 4TH ANNUAL NEW HAVEN CENTURY RIDE 5:00 AM, Grand Central Terminal, Choice of 28, 45 and 100 miles.**

Join us for this FREE Connecticut bike event, sponsored by the New Haven Arts & Ideas Festival and Elm City Cycling. We'll take the 5:35 AM Metro North train there, arriving 7:50 AM. It's a fully supported ride that starts and ends in New Haven, cycling through beautiful Nutmeg State countryside and coastline. Let's get up real early for this FREE bike event! Please visit [www.bikereg.com/events/register.asp?eventid=6417](http://www.bikereg.com/events/register.asp?eventid=6417) to register FREE online or you can sign up on the day of event, FREE. Bring MTA Bike Permit and \$24 for Metro North fare. Note: cyclists choose their own distance; no group ride or point drop sweep will be used. Co-listed with NYCC. Leaders: Alfredo Garcia & others.

## QUEENS TREASURES

**10:00 AM, Cunningham Park, 30 miles**

More a tour than a ride through Queens, hitting some of the borough's unusual or forgotten places. Many stops. We plan to visit the Botanical garden, a 2000 year-old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Bring money for lunch. Leaders Randy Horowitz and Ted Kushner

## Sunday, June 29, 2008

**BARNEGAT CIRCUIT (Jersey Shore Series Part 3) 8:30 AM, Penn Station. 60 miles, "B" pace, nearly flat**

We'll take the 9:07AM NJ train out of Penn Station (the 9:25 from Newark Penn Station for those from downtown Manhattan.) Buy your tickets early (\$21.50 round trip fare). We'll get to Bay Head Terminal by 11:18AM, where we'll head down the coast, then inland to Toms River and back down the coast again to Barnaget, backtracking up

the coast to Bay Head and the return train ride home. Co-listed with NYCC. Leaders: Alfredo Garcia, Josh Gosciak

### ☺ Y'AR OLD SALT

**12:30 PM, City Hall, 1:30 pm Prospect Park Picnic House, 15 or 25 miles**

The fleet is in! This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Bring lock & plastic bag for fish shopping. Leaders: Terry Chin, others

### Friday, July 4, 2008

**(Independence Day)**

### ☺ HISTORICAL GREENWOOD

**CEMETERY 9:00 AM, City Hall, 15 miles**

You know how famous people lived. Now get a look at how they spend eternity. Pay respects to Leonard Bernstein, Boss Tweed, Tiffany, Greely, Ebbets, Eubie Blake, Joe Gallo and other dignitaries. Bring a camera and binoculars for bird spotting. Leaders: Terry Chin and Ed DeFreitas

### Sunday, July 6, 2008

**AROUND AND OVER THE HUDSON**

**8:45AM, City Hall, 9:15 AM, South Ferry or 10:00 AM, St George Ferry Terminal, 43 miles**

See NYC from a ferry, Liberty State Park & Hoboken. Then stretch your legs along a long shoreline stretch from Hoboken to the GW Bridge (with the one big hill). Bridge the Hudson back to NYC. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine. It's all on one Amsterdam Avenue block. Then, we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring a lock & \$ for lunch. Moderate pace, mostly flat with one hill. Leaders: Ed DeFreitas and others

### IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at [www.5bbc.org/rides.shtml](http://www.5bbc.org/rides.shtml); Call the club hotline at (212) 932-2300, ext. 115; As a member, check the club weekly emails.

### IMPORTANT CYCLING NOTE #2

As the weather gets warmer and sunny, it's important to: Wear **Sunglasses** to protect your eyes; Apply **Sunscreen** to protect your exposed skin; Drink lots of **Water** to stay hydrated. Thank you.

**RIDE WITH THE 5BBC!**

### Interesting Bike Events on Tap

CLICK ON AN ICON FOR A RELATED WEBLINK



Sunday May 18, 2008. Hey, why not the best?



Sunday May 18, 2008. [www.soundcyclists.com](http://www.soundcyclists.com)



New bike event. Sunday June 29, 2008. [www.bikenewyork.org](http://www.bikenewyork.org)



Sunday July 27, 2008. Visit [www.bikenewyork.org](http://www.bikenewyork.org). Better yet, why not go on the 5BBC tie-in Harlem Valley weekend trip?

THE 19th ANNUAL NYC CENTURY BIKE TOUR  
SUNDAY, SEPTEMBER 7th, 2008 [NYCCENTURY.ORG](http://NYCCENTURY.ORG)



Sunday Sept. 7, 2008. [www.nyccentury.org](http://www.nyccentury.org)



Saturday Sept. 20, 2008 [www.nycc.org/eny/index.shtml](http://www.nycc.org/eny/index.shtml)



Sept. 20-24, 2008. [www.climateride.org](http://www.climateride.org)



Sunday Sept. 28, 2008. [www.bikenewyork.org](http://www.bikenewyork.org)

### 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 22 to order.



### 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](mailto:bikeachilles@aol.com).

Also visit the Achilles web: [www.achillestrackclub.org/tandem\\_bike/index.html](http://www.achillestrackclub.org/tandem_bike/index.html)

## BICYCLING & THE LAW

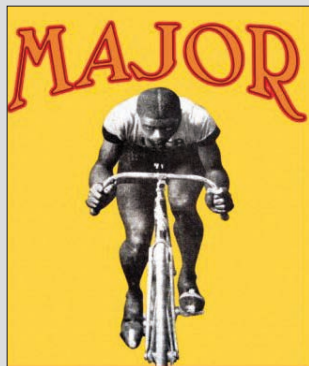


YOUR RIGHTS AS A CYCLIST

BOB MIONSKE, JD  
FOREWORD BY LANCE ARMSTRONG

**BICYCLING & THE LAW**  
*Your Rights As A Cyclist*  
By Bob Mionske, JD  
368 pp. Velo Press. \$18.95.

### Also Recommended



**MAJOR**  
A BLACK ATHLETE, A WHITE ERA, AND THE FIGHT  
TO BE THE WORLD'S FASTEST HUMAN BEING  
**TODD BALF**  
AUTHOR OF THE NEW YORK TIMES BESTSELLER THE LAST RIVER

Major Taylor, the first African American cycling champion comes to life in

### MAJOR

*A Black Athlete, A White Era and The Fight to Be The World's Fastest Human Being*  
By Todd Balf

320 pp. Crown. \$24.00



**THE BICYCLE BOOK**  
*Wit, Wisdom & Wanderings*  
Ed. by Jim Joyce  
152 pp. Sayta House. \$14.95

## Biking and The Law

By Dan Bach

Anyone familiar with the New York cycling scene the last few years has heard about the mass arrests at events like Critical Mass. However, does the average cyclist really know what laws that he or she has to follow? As per the New York State DMV-Driver's manual (Chapter 11), which I am sure few of us have read, bikes for the most part are treated similarly to cars and have basic requirements. Certain things make sense such as they must have operational brakes and a horn or bell that must be heard for at least 100 feet. Riding at night? Then one should have not only a headlight that can be seen for at least 500 feet, but also a rear light that must be visible for 300 feet. Buying a bike from a dealer? They must provide wide angle and spoke mounted reflectors or reflective tires.

In terms of riding on the street, cyclists are expected to follow all rules and regulations of the road, including hand signals when turning or stopping. If you are on the road with a bike lane you are expected to use one, otherwise the cyclist must "ride near the right curb or edge of the road, or on a usable right shoulder of the road" Furthermore, no infants who are less than one year are permitted on bikes and children up to four years old must ride in bike safety seats.

Want more information? Well you can check out the website for the NYC Dept. of Transportation if you want to learn about bike parking, maps and lots of statistics. In addition, the organization, Transportation Alternatives has a website ([transalt.org](http://transalt.org)), which is supposed to have links to relevant websites about biking in NYC, however, the links were not operational when I tried to use them.

Moreover, there is a new book out by Bob Mionske, called "Bicycling & The Law" Written by an attorney, the focus on avoiding legal problems and informing cyclists of their rights. It covers a wide range of issues, from accidents, insurance, cyclist harassments to bike theft, defective product law and its application for cyclists. The key point of the text is to try to make what may be considered boring legalese into a coherent topic for the layman to understand.

Beginning with a historical perspective, the author explains that in the late nineteenth century when bikes and cars first appeared on the American scene, the roads were utter chaos back then for all concerned, pedestrians as well as cyclists and cars. The point of the early laws was to coordinate a situation in a growing city filled with horses, carriages, pedestrians and these newfangled methods of transportation.

At first the bicycle was not part of the classification scheme, but that changed in 1887 when the bicycle was classified as a motor vehicle (carriage). This gave cyclists rights, but also responsibilities.

Over 100 years later, this situation has not changed and to some still not satisfactory. There is still not a balance between competing groups for use of limited space.

Another point of interest is that the roads back then were not in the best of shape. So as Mr. Mionske notes, the League of American Wheelman and the owner of Columbia Bikes began to lobby for better roads for cyclists. One can say a precursor to present day Transportation Alternatives.

The basic goal of the book is to inform the reader of their rights. As every cyclist knows, we have to share the road with both cars and pedestrians. Unfortunately, the drivers of today are so focused (at least in New York) on their destination, that in all probability they view cyclists as annoyances, something on a par with potholes.

In our society, the car is placed on a much higher plateau than other means of transportation, for the most part the bike is considered recreational. Until more people view the bike as a serious method of transportation, it will likely stay that way.

As such, it is imperative that cyclists know their rights so they can be treated as equals as much as possible. However, there must be a respect for the law as well and that is part of the emphasis of this book as well.



Ride Tues. & Thurs. with  
The Weekday Cyclists.  
Visit [www.weekdaycyclist.org](http://www.weekdaycyclist.org).



## No Cyclist Left Behind

By Jim Zisfein



Richard Brause photo, 2005

Six years ago, I decided to get back into serious bicycling after having done little of it for 30 years. I had the usual health issues of middle age—increasing weight, blood pressure, and cholesterol, and I had recently recovered from back surgery. Bicycling looked to be a good way to get some needed exercise. It involved less pounding on the knees than running and would be less of a chore than going to the gym. My wife Barbara gave me a sturdy hybrid bicycle as a 50th birthday present.

But where would I go to ride this bike? How would I learn to ride safely in traffic? What if I had a mechanical problem? If I joined a bike club, would they laugh at me? Would I get left behind by a bunch of spandex-clad racers?

Fortunately, I found a local bike club called the Five Borough Bicycle Club (5BBC) that was perfect for people like me. I started going on some of their day rides (marked in their bulletin with a happy-face symbol to indicate its appropriateness for beginning and recreational cyclists)—and my

apprehensions vanished. The more I rode with the 5BBC, the more confidence, strength, and stamina I developed.

I then began sampling the club's more strenuous rides. I've climbed Bear Mountain with the club three times and have done 100-mile ("century") rides five times. I've toured all five NYC boroughs and the surrounding countryside and have gone on club-sponsored bicycle trips to upstate New York, Massachusetts, and Vermont. I took the 5BBC's leadership training course and now lead rides for the club. I enjoy riding with a wonderful bunch of people. I do have one regret—all the years I spent not bicycling.

The 5BBC's motto is "New York's friendliest bike club," but I would suggest another: "No rider left behind." All club rides are led by volunteers like me who make sure that everyone finishes the ride safely. We leaders map the route, help riders check their bikes for roadworthiness, and guide the group to its destination. The club's innovative "point-drop-sweep" system helps to keep everyone together. The leader in front (the "point") shows the way and instructs riders ("drops") to stop where the route turns and to send people the right way. The leader in back (the "sweep") shepherds the tail end of the group, thanks the drops as he or she arrives, and gets them back into the ride. Everyone on the ride participates in making the day a success.

Once you start riding with the 5BBC, you can check out the other club activities. These include multi-day weekend and week-long bicycling trips; the annual Montauk Century ride from the city through the Hamptons to the ocean; Monthly general meetings open to the public with fascinating topics & speakers; Classes on how to buy and maintain a bike.

But it all starts with your first ride. Surf on over to [www.5bbc.org](http://www.5bbc.org), pick a day ride this coming weekend, and experience for yourself the joy of bicycling. I promise that you won't get left behind.

Reprinted with permission from

### WHY I RIDE:

### THE ART OF BICYCLING IN NEW YORK

Download free pdf on [www.whyridenyc.org](http://www.whyridenyc.org)



### New Vision For Old Poughkeepsie Bridge

According to a Feb. 17th Times Union article by Julie Varughese, in 1993 amateur photographer and Poughkeepsie-area lawyer Fred Schaeffer heard about an idea to turn an abandoned railroad bridge over the Hudson River into a recreational path. So one day he climbed its stairs to see what all the fuss was about. What he saw inspired him and others to bring that vision to life. 'The view is just breathtaking,' Schaeffer said. 'I realized this is not a rickety old bridge.' For years, a volunteer, grass-roots effort has tried to transform the unused 6,767-foot Poughkeepsie Railroad Bridge, connecting the city and the hamlet of Highland, into a trail that could also spur economic development. Facing huge costs and limited manpower, the effort stalled.

Now, the bridge -- the highest span above the Hudson River -- will also become the longest walkway and bikeway over water in the world with help from the state, said Judith Enck, Gov.'s deputy secretary for the environment. NY's proposed \$124.3 billion 2008-09 budget includes \$8 million toward the \$25 million project. Enck said a second helping of \$8 million will come next year. Railroad ties and railings will be removed, prefabricated concrete slabs will be added to the deck and rails, and existing steel and concrete will be repaired to transform the bridge into a walkable surface.

The rehabilitated bridge is expected to open in the Fall of 2009, in time to celebrate the 400th anniversary of Henry Hudson sailing up his namesake river. When completed, the bridge, listed on the National Register of Historic Places since 1979, will tie rail trails on both sides of the river, creating a 35-mile trail. It is projected to spur \$21 million in new economic activity in Dutchess and Ulster counties because of an expected 300,000 visits annually, Schaeffer said. Art shows and concerts would be a great draw. The work would also create 258 new construction-related jobs, according to Walkway Over the Hudson's Web site, [www.walkway.org](http://www.walkway.org).

From NY Bicycle Coalition  
E-News, March 2008.

Steve Sakson & myself had the honor of leading the 80+ mile (actually 85) training ride to Stony Point. We had at 16 people at the start (mile 0.00). Bicycles ranged from hybrids, road touring bikes, regular road bikes and carbon fiber racing bikes. The ride got under way before 8:30am. There were some wrinkles that needed to be resolved. Some of the trippers proved to be Quick Spin quality. Unfortunately, the ride only had regular group leaders. Realizing the futility of pulling rank, I quickly suggested that they can go ahead of the group and meet at certain points of the ride as an 'away' team. This worked very well to the benefit of all. The main goal, according to one fast rider, which I agree was, to have fun. Upon reaching Bergen County, on Rt 9W (mile 10.81), we encountered several New York Cycle Club groups: an "B" STS, on Rt. 9W (mile 10.81) and several "A" SIG groups, one we met at West Nyack Rd. (mile 28.50). We had steady strong riders in the group. None faltered with the hills getting to Haverstraw and Stony Point. We were reunited with the impromptu Quick Spinners at the designated food stop at Patriot Square mall (mile 40.39). Several of the trippers were training for 145 mile Montauk Century as well as triathlons. One guy rode a fast Trek Madone bike yet carried a monster digital camera in his Camelbak. Several people woke up real early to make this ride--they came from Long Island & Westchester County! We all rode together, one happy family, to the Stony Point battlefield park (mile 41.68), which is a historic Revolutionary War site. Background: In 1779, it was an advantageous military position occupied by British troops in the war. American colonial troops, commanded by Major General "Mad" Anthony Wayne, climbed the steep hills, took the fort, in a night raid. Besides a Stony Point Quick Spin led by our own Susan Rodetis several years ago, and a mid-1990s day trip led by the former 5BBC leader Bipin Batra, no regular training group has ever rode to the battlefield, until now. We got there about 12:45pm, which is a testament to the trippers themselves, who were strong riders to get to this point. We had one blow-out flat which was taken care of (~mile 20.87, before Oak Tree Rd.) In the past, previous Stony Point training rides, lunch stops, usually Patriot Square mall, was the midpoint, eating amidst sprawl. For a change, we were able to eat our lunch in more pleasant scenic surroundings. Once in the park, we left our bikes on a rack to walk several yards to have lunch with great views of the beautiful

# Stony Point - A Training Ride For

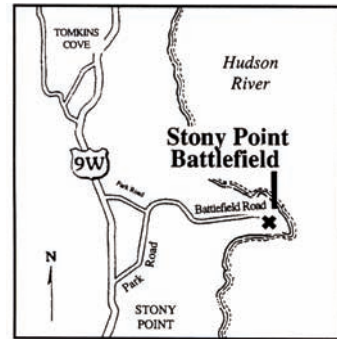


1. Stony Point Battlefield Park, mile 41.59. This was the 3rd time a 5BBC group came here, after Bipin Batra (mid-1990s HOT Day Trip) & Susan Rodetis (2006 Stony Point Quick Spin).

2. Delah Del Prado (right) & tripper at the mile 42.07 lunch stop.



3. Gerry Regan and Mary Grady flank an American Colonial Army reenactor, who kindly posed with them. The officer would have been the post Revolutionary War Homeland Security.



4. In 1779, American Colonial troops climbed over part of the battlefield to overtake the British and capture the fort. We're just enjoying the views as well as cycling a grueling ride.



5. Portrait of the Stony Point cycling group with Colonial officer.

6.60	0.17	L	168th St.
6.77	0.43	R	Ft. Washington Ave.
7.20	0.10	L	177th St.
7.30	0.05	R	Cabrini Blvd.
7.35	1.33	L	George Washington Bridge bike pa
8.68	2.02	R	Hudson Terr. to end
10.70	0.11	L	Palisade Ave.
10.81	5.81	R	Rt. 9W
16.62	4.08	X	Alpine Approach Rd. River Rd. Pa
20.70	0.17	X	NYS Border
20.87	1.73	L	Oak Tree Rd.
22.60	0.31	X	Rt. 303
22.91	0.11	R	Main St.
23.02	0.06	S	Kings Hwy.
23.08	0.32	BL	Greenbush Rd. to end
23.40	0.17	X	CSX Rail Tracks
23.57	1.62	R	Western Highway - to end
25.19	3.31	X	Bataan Rd.
28.50	0.43	L	West Nyack Rd. - Country Corner
28.93	0.49	R	Strawtown Rd.
29.42	0.23	X	NYS Thruway underpass
29.65	0.91	1R	Old Mill Rd.
30.56	1.47	X	Old Mill Rd. Bridge / Lake De Fore
32.03	3.37	L	Kings Hwy.
35.40	0.10	R	Rt. 304
35.50	4.15	L	Rt. 9W North NOTE: BUSY ROAD
39.65	0.74	P	brown historic Stony Point sign
40.39	0.59	P	before Center Dr. Bagel World @ I
			FOOD / LUNCH STOP
40.98	0.31	X	Dee's County Deli, L before Tompl
41.29	0.30	R	Park Rd. entrance to Stony Point E
41.59	0.09	P	First Stony Point Park sign
41.68	0.30	S	Park Entrance and arch bridge
41.98	0.09	S	Stone Arch Bridge
42.07	0.39		bike rack, L. NO BIKES BEYOND'
			turnaround point
42.46	0.12	S	Exit park
42.58	0.09	BL	Battlefield Rd. / Park Rd.
42.67	0.04	L	Georgian Dr. CUESHEET CONTI

Stony Point cuesheet excerpt



6. At the stone arch entrance of Stony Point Battlefield Park. 16 of the 18 strong 5BBC training ride group. Everyone knew this ride was SPECIAL. As a unique ride of challenge and enthusiasm, this ride was elevated to the cult status of an Extreme Montauk Training Ride.



7. Webmaster Jim Zisfein (second from left) with an endless smile & near infinite energy, at Haverstraw, mile 47.32.



8. On Rt. 303, close to the NYS/NJ border, about mile 57.90. Waiting for leader Steve Sakson, who was helping a tripper with a flat.

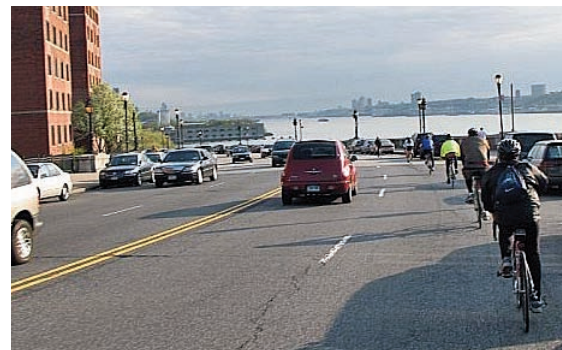


Trip Related Information:

Stony Point Battlefield Historic Site,  
PO Box 182, Stony Point, NY  
10980. (845) 786-2521.

Websites:  
[www2.lhric.org/spbattle/spbattle.htm](http://www2.lhric.org/spbattle/spbattle.htm)  
[www.nysparks.state.ny.us/sites/info.asp?siteID=29](http://www.nysparks.state.ny.us/sites/info.asp?siteID=29)

This training ride is likely to be offered next year. Get ready.



9. The last stretch of the ride, down Riverside Dr., with the Hudson River in the background. We done ourselves proud for 85 miles.

Hudson River, well deserved after hard cycling. Then a unique delight-a tripper was able to get an American Colonial Army re-enactor, pose with us for pictures, around the park. The Stony Point lighthouse, which would have provided even better views, was closed due to the nesting of Eagles found there. The museum was available with historic exhibits. When we left the park, we took group shots at the entrance's stonewall arch entrance. We had to throw out our garbage at a Haverstraw park dumpster (our rubbish stop), due to Stony Point park's no trash rule. We rode along the Hudson, leaving the busy residential portions of Rt. 9W instead taking Rt. 110 (mile 43.46). Again, I gave another opportunity to the impromptu Quick Spinners to take off, this time at the end of Maple St. (mile 47.32) leading to Rt. 9W (mile 48.53) and eventually Rt. 303 (mile 50.10). We of the Regular Group rode there, too, at our own pace. About 10 miles later, we enjoyed a nice rest/refreshment stop at West Shore Plaza (mile 57.90). When we left, we had another flat (same guy who had it at Rt. 9W). More rest time as I had a group of trippers taking naps, one even had a massage at a nice grassy lawn with Dandelions and other wild flowers. *Go to Page 20.*

Photo credits: 1,2, 4, 6, 8 by Ben Karassik; 3,5,7, 9 by Gerry Regan. Thanks to Jim Zisfein.

# Let's Roll ----The 5BBC



Our own Marina Bekkerman designed the 2008 Montauk Century logo. Danny Lieberman photo.



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



The Association of Bretons in New York is dedicated to promoting Brittany, a region in France via culture & travel.

Register for the Montauk Century and you could win a trip to Brittany for two. Visit [www.bzh-ny.org](http://www.bzh-ny.org), then look for the St. Yves 2008 link.

Above: BZH's Laurent Corbel. He will be at the May 8 club meeting. See page 3 for details.

**The 44th  
Montauk Century  
The Tradition  
Continues**



Can't wait for the Montauk Century on May 18th? The ride is just a couple of weeks away so please register today on Active.com. The price will go up on May 5th! This year's ride will be the best century ever, so don't miss out! As long as you sign up in advance you will be eligible for the drawing for the trip to Brittany. (Please visit our website [www.5bbc.org/montauk/brittany.shtml](http://www.5bbc.org/montauk/brittany.shtml) for details about the trip!)

### IMPROVED ROUTE!

This year we're rolling out vastly needed improvements to the 145-mile route! Our route across Queens is smoother, quieter and much scenic! Fewer potholes & less traffic thanks to the many day rides I've led over the years through southern Queens!



### MONTAUK IS BOTTLED!

This year's free gift is an attractive souvenir water bottle made by Specialized, featuring our logo designed by Marina Bekkerman! Special thanks to Adam White for the bottles! We'll give these away at the start lines so you can use them during the ride!



### MMMM, YUMMY! (DID SOMEONE ASK ABOUT FOOD??)

Many of you know me from my food-centered day rides, so you should expect that I have been working on our century food plans very carefully. We will feed you well along the way and at the very end.



This year we will feature some tasty and healthy Middle Eastern treats from Sahadi and Damascus Bakery in Brooklyn. Plus we will serve some of the finest cheesecake at our rest stops! We'll also have plates of fresh fruits, veggies and nutritious snacks! Speaking of food, our new and improved finish line at Second House Tavern includes a barbecue as well as healthy sandwiches, salads and pastas. We'll provide the usual massage and showers and hospitality, but we also have live music and exhibits from BZH New York, our friends from Brittany!



Danny Lieberman photo

### PACK IT UP ON FOR THE TRIP HOME!

We will provide packing material to safeguard your beautiful bikes at the Montauk train station for a nominal charge. Foam coverings for your main tubes and bubble material to protect your pedals. Our staff will be on hand to help you pack.

If you order your limited edition T-shirts and Jerseys before May 5th, we'll mail them to you directly. If not, you would have to pick them up at our finish line in Montauk.



Danny Lieberman  
5BBC Special Events Coordinator  
[special-events@5bbc.org](mailto:special-events@5bbc.org)

# Montauk Century 2008



Montauk Century Jersey 2008



Montauk Century T-Shirt 2008



Montauk Century Water Bottle 2008

Best wishes to all who ride & volunteer for Montauk. Ride safe & have fun!



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





## 2008 Weekend Trips

You need a vacation. We can fill that need. This year we're going to Montréal, Cape Cod, Cape May, Pennsylvania Dutch Country, Maryland's Eastern Shore, Coastal Long Island and Connecticut, the Berkshires, the Taconics, the Hudson Valley, and the Delaware Water Gap. Join your 5BBC friends for a weekend (or a long weekend!) of bicycling bliss.

Signing up for our trips remains easy, as we'll again offer online registration via [www.active.com](http://www.active.com). And we're again offering 10% early-bird discounts if you register more than 30 days before a trip.



Hyde Park



Connecticut River Valley - Amherst

See individual trip descriptions for prices and the riding styles of each trip. To ask questions please email me, or call our Weekend Trips information line, at (212) 932-2300 x138.

Fred Dieckamp  
Weekend Trips Coordinator  
[weekends@5bbc.org](mailto:weekends@5bbc.org)

See pages 14-15 for Summary of Weekend Trips Rules

# 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.

*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 Mileage: Moderate, 40 per

# Weekend Trips 2008

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 Montréal*

## **MONTRÉAL AND THE TOUR DE L'ÎLE**

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 Montréal's finest restaurants and lodge at a nice and centrally located boutique hotel near Old Montréal. The riding is on mostly flat and scenic terrain, the spectacular night tour and the enormously festive Tour de L'Île 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 with rain as we'll have a fun alternative



Harlem Valley Rail Trail Jersey



Penn Dutch



Delaware Water Gap



Cape Cod--Sharon Behnke photo



Shore To Shore--Susan Rodetis photo





Shencks Bridge, one of several crossings on the Covered Bridges Ride.

### 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, may include the following:

**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.

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](http://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](http://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.

### *Escape NYC and enjoy Labor Day Weekend on the Cape*

#### **CAPE COD REVISITED**

August 29 - Sep. 1 (depart Friday afternoon, return Monday evening)

Trip No.: CCR

Deposit: \$150

Regular price: \$365; Early-bird discount price (Deadline July 29): \$330

Transportation: van and/or carpooling

Lodging: *hostel, dorm rooms*

Trip rating: B/C

Mileage: *Easy to moderate, 25 to 35 miles per day*



*Leaders: Fred Dieckamp & Steven Libby*  
Maybe you've been to Cape Cod before, but seeing it by bike can't be beat. The Cape is criss-crossed by gentle, immaculate rail trails, with occasional rolling hills, and we stay at the tranquil hostel next to the ocean in Truro. Out of Provincetown, the dune trails are breathtaking. From there, we'll go whale watching or kayaking, lighthouse climbing or maritime museum hopping. There are also options to enjoy swimming at either the national seashore beaches or at a freshwater lake. Don't miss the mouth-watering seafood dinner! It'll be a great visit for firsttimers and old-timers alike.

*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.

**GO ON A 5BBC  
WEEKEND TRIP  
AND HAVE FUN!**

*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-



**Summary of Weekend**

**Trip Rules**

**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.

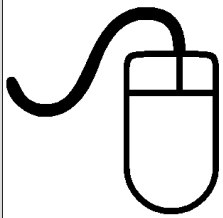
**Meals** are sit-down affairs in local diners and restaurants unless otherwise noted. At hostels, we'll sometimes cook our own.

**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 or register online at [www.active.com](http://www.active.com) using your credit card (there is a small extra charge).

When registering by mail, you may enclose a deposit (exact amount listed with each trip) but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip, usually about 30 days before the trip. When registering online, you must pay the full amount up front.

**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](mailto:weekends@5bbc.org).



Needed: Computer Literate Person In Flushing, Queens Area To Help Freddie Miller. PLEASE CALL FREDDIE AT 718-359-3774

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.

### Road Bicycle For Sale



Red Cannondale R600T road bike, Size: 60cm, triple chain ring, ridden 2,000 miles over six years. Good condition. Includes wireless cycle computer, pump and original manual. Asking price: \$400. Please email Larry at [hero.jr@verizon.net](mailto:hero.jr@verizon.net).

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### LEARN HOW TO RIDE A BIKE GROUP OR INDIVIDUAL APPOINTMENT

Experienced instructor of 20+ years.

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

*Arabelle Taggart photo*



### America By Bike

Fully supported & challenging tours that range from a few days, a few weeks or to a few months. [www.abbike.com](http://www.abbike.com)



### Attention All Aquatic / Non-Aquatic Cyclists--from 5BBC Member / Kayaker Mary Martinez

This year, from April 17 thru October 13, the Downtown Boathouse, an all-volunteer organization, offers instruction and opportunity to learn basic kayaking skills and paddle on the Hudson - for free! Gratis! Nada! No fooling!

Cyclists get a lower body workout, right? Well, we can cross-train with a little upper body workout by paddling the boats. It's a complete aerobic full-body workout. Not bad, huh?

All three locations (Pier 40, Houston Street, Pier 96, 56th Street and 72nd St, at Riverside Park) are yards from the West Side bike path.

For more info visit: [www.downtownboathouse.org](http://www.downtownboathouse.org).

See you on the River

*Thanks, Mary! Editor.*

*Photo: Recycle-A-Bicycle / Downtown Boathouse*



Visit [www.hotvelociti.com](http://www.hotvelociti.com), owned by 5BBC member Jen Benepe, for unique selections of cycling clothing.

# Notable Big Apple Cycling Information



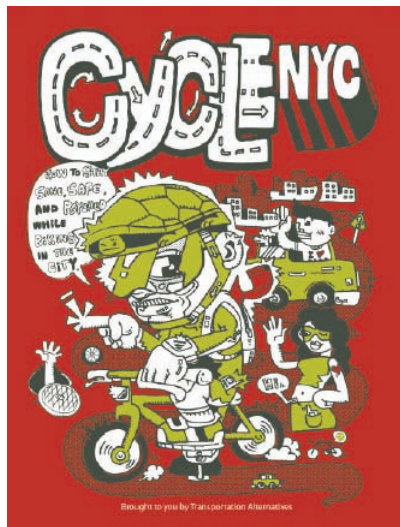
First Time Out New York's guide to cycling in the city, featuring bike routes, in the May 1-7, 2008 issue or visit [www.timeout.com/newyork/articles/features/29132/great-rides](http://www.timeout.com/newyork/articles/features/29132/great-rides)



All the cycling you can get involved with, on or off the bike. Pamphlet available at bike shops or visit [www.bikemonthnyc.org](http://www.bikemonthnyc.org).



Some of the city's cycling policies were influenced by TA's groundbreaking 1993 document. Read the electronic edition on [www.transalt.org/files/resources/blueprint/](http://www.transalt.org/files/resources/blueprint/)



The Cycle NYC book has cartoonish images, yet it provides serious and fun tips on cycling in the Big Apple, especially if you're a first timer or veteran cyclist. \$10. Available from TA.

**UNIQUE BIKE RIDE**- Saturday May 10, 2008 Times Up! Folding Bike Ride & Festival. Meet people and their folding bikes. 2PM at Chelsea Piers, 22nd St. & 12th Ave., near the greenway. 10-mile ride to Manhattan & Brooklyn. Details: <http://www.times-up.org/index.php?page=folds-up-ride>.



This year's cycling map of the Big Apple is available. More expanded features such as locations of those Cemusa bicycle parking shelters, green bike lanes and more bike routes. Available at bike shops or visit <http://www.nyc.gov/html/dcp/html/bike/cwbn.shtml>

## New York City Bike Events



May 10, 2008. Starts at the Brooklyn Museum at 9:45am For details, visit [www.nyc.gov/html/sports/html/bike\\_to\\_shea.html](http://www.nyc.gov/html/sports/html/bike_to_shea.html). Ride to Shea for the last time.



**Sunday, May 25th, 2008**

Ride the Borough of Churches. Visit [www.tourdebrooklyn.org](http://www.tourdebrooklyn.org).



**Sunday, June 8th, 2008**

First ever ride, 20 miles. Event limited to 500 cyclists. For details please visit [www.tourdequeens.org](http://www.tourdequeens.org).



**Sunday, September 7th, 2008**

The only 100 mile urban bike ride in these United States. Ride four boroughs in one day. Routes of 15, 35, 55 and 75 miles offered. Not to be missed. Info: [www.nyccentury.org](http://www.nyccentury.org)



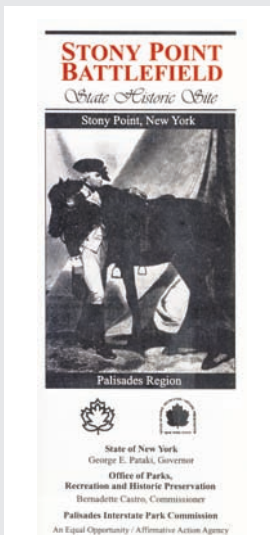
Oct. 19, 2008. Cycle the Big Apple's largest free event. For more information visit [www.tourdebronx.org](http://www.tourdebronx.org).

Stony Point Extreme Training Ride (from p. 11)



Then we had an encore flat, the third of the day, as we waited at the Paris Ave. turn (mile 62.00). Funny, the French road had several Italian bread shops. Jim Zisfein took time out to get a treat. We were speedy enough to get to the Tenefly Bicycle Workshop (mile 69.10) which opened past 5pm to accommodate us. Of course, we made timely purchases, with our 5BBC bike shop discounts (We didn't need member-ship cards. They took our word for it.) After the last climb at Churchill Rd. (mile 70.80), we were home free. We got to the GWB by 5:30pm. If we didn't had those three flats, we could have got there at least two hours earlier. Back in Manhattan, some of us rode the last miles (unofficially--the ride ended) back to the start, Steve & I let the trippers set the pace, after being led by us all day. We let them have the glory of riding in front. But the turn to 72nd St. was questionable--the road was carved up for repaving. Our cycling feat made us a rough and roughed bunch of cyclists. We got to the near fini (mile 85) by 6pm. Thanks to Steve Sakson (esp. sweeping the ride and helping with the 3 flats) and the trippers, regular & impromptu quick spinners, making this ride a memorable one. This is probably the best long distance training ride I ever led. Good vibes, intrepid cyclists who didn't quit, desire and drive made the day memorable.


by Alfredo Garcia



**Music from Rutgers Proudly Presents**  
 A Benefit for the Christopher Roberts Memorial Shelter for the Homeless at Rutgers  
 Guest Speaker: Ms. Xiomara Nova, Principal, P.S. 132/District 6 (Juan Pablo Duarte School)  
 R. Wellington Jones, Producer-Director  
 Ms. Lynne Morris, Production Associate  
 Nicholas Fox, Conductor-Pianist  
 Mr. Alburtt Rhodes, Choral Preparation  
 Ms. Ethel Knight, Fund-Raising Coordinator

**Sunday, May 4, 2008 at 2:30 p.m.**  
 Excerpts sung in French from Georges Bizet's  
**"Carmen"**  
**STARRING:**

Carmen.....	Julie De Vaere
Don José.....	Ernest Sainvilus
Escamillo.....	Richard Cassell
Micaela.....	Jeanine De Bique
Zuniga.....	Jean Suss
Mercedes.....	Ladie Whitaker
Frasquita.....	Marguerite Sutherland



Ladie Whitaker

The critics wrote about her performance as *Prince Orlofsky* in our 2007 production of *FLEDERMAUS*: that it reminded them of the late Kitty Carlisle Hart when she sang it at the old Met: "it had style, distinction and charisma."

**RUTGERS PRESBYTERIAN CHURCH**  
 The Rev. David D. Prince, Interim Pastor  
 236 West 73<sup>rd</sup> Street, New York, NY 10023 (between Broadway and West End Ave)  
 Performances will be re-broadcast on BBC-TV, Cable TV and the Internet

**Donation: \$20.00 [tax-deductible]**  
 INCLUDES POST-CONCERT BUFFET; CHILD CARE PROVIDED

**For Tickets call 718-220-3260 or e-mail [songladi22@yahoo.com](mailto:songladi22@yahoo.com)**

5BBC Member Ladie Sings Again--she'll perform in a classical opera, Carmen. Be there.

# BICYCLEFILMFESTIVAL™ 2008



From May 28 to June 1, the NEW YORK CITY BICYCLE FILM FESTIVAL will come to town. The festival will screen unique & refreshing movies with cycling themes. Be among the many to see at theaters in Brooklyn and Manhattan. For more information, visit [www.bicyclefilmfestival.com](http://www.bicyclefilmfestival.com). Photo by Todd Seelie.

# 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: Hostel 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](mailto:leadership@5bbc.org) or visit [www.5bbc.org/leader.shtml](http://www.5bbc.org/leader.shtml)*



Ed Pino & Liz Baum  
5BBC Leadership



## Sri Chinmoy

The late Sri Chinmoy was a world-renowned Indian philosopher, teacher, musician, artist, poet and humanitarian, based in Queens, NY.

This remarkable man was also an endurance athlete, as a marathon runner and long distance cyclist.

One of his two-wheeled feats was cycling 230 miles in 1978, in a 24-hr race at Central Park.

Sri Chinmoy was active in sports throughout his life, not just for joy & physical fitness, but also as a whole vehicle of self-transcendence.

He also wrote "My Cycling Experiences," put out by AUM, of his cycling, experiences, from childhood reminiscences in Chittagong, India to the Pepsi 24-hour races in the 1970s.

On the significance of cycling, Sri Chinmoy wrote:

"While we are cycling, we are reminding ourselves of evolution, of how the world is evolving in cycles. When we think of our planet, we think of a wheel turning; our life also is revolving like a wheel. So cycling reminds us of the process of evolution and of how everything goes in cycles.

*Photo & Article Adapted from the Sri Chinmoy Centre Cycling webpage: [www.srichinmoycentre.org/cycling](http://www.srichinmoycentre.org/cycling)*

*Related website: [www.srichinmoy.org](http://www.srichinmoy.org)*



**General Information** (Please print)

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

**Supplementary Information**  
 Required for 5BBC Membership

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

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

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

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

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

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

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

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

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

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

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

**Agreement by Parent or Guardian of a Minor**

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

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

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

Parent's or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Payment**

**5BBC Membership**

Individual \$20, Dual \$25.....\$ \_\_\_\_\_  
 Dual Memberships: two persons at same address.

All memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

**Weekend 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. Laminate 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](http://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 Sheephead Cycles**  
2679 Coney Island Ave.  
Bklyn, NY 11235 718-646-9430  
[www.roysbikes.com](http://www.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-

[www.bicycleshop.com](http://www.bicycleshop.com)  
**B-Fold** (Folding bikes)  
224 E 13th St. (2nd-3rd Aves)  
NY, NY 10003 212-529-7247  
[www.bfold.com](http://www.bfold.com)

**Bicycle Habitat**  
244 Lafayette St  
NY, NY 10012 212-431-3315  
[bicyclehabitat.com](http://bicyclehabitat.com)

**Bicycle Renaissance**  
430 Columbus Ave. (81st St)  
NY, NY 10024 212-724-2350  
[www.bicyclerenaisance.com](http://www.bicyclerenaisance.com)

**Champion Bicycles**  
896 Amsterdam Ave (103-104 Sts)  
NY, NY 10024 212-662-2690  
[www.championbikes.com](http://www.championbikes.com)

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

[www.chelseabicycles.net](http://www.chelseabicycles.net)  
**City Bicycles**  
315 W 38 St NY, NY 10018  
212-563-3373

[www.city-bicycle.com](http://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](http://www.continuumcycles.com)

**Gotham Bikes**  
112 W Broadway  
NY, NY 10013 212-732-2453  
[www.togabikes.com](http://www.togabikes.com)

**Larry & Jeff's Bicycles Plus (1)**  
1400 3rd Ave. (79-80 Sts)  
NY, NY 10021 (212) 794-2929  
[www.bicyclesnyc.com](http://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](http://www.southshorebicycle.com)  
**Valley Stream Bicycle**  
95 E. Merrick Rd.  
Valley Stream, NY 11580  
516-825-8181  
[www.valleystreambicycle.com](http://www.valleystreambicycle.com)  
**Visentin Bike Pro Shop**  
51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771  
516-922-2150  
[www.visentinbike.com](http://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](http://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](http://www.baybrookbicycles.com)

**College Street Cycles**  
252 College St.  
New Haven, CT 06510  
203-865-2724  
[www.collegestreetcycles.com](http://www.collegestreetcycles.com)

**Newington Bicycle**  
1030 Main St.  
Newington, CT 06111  
860-667-0857  
[www.newingtonbike.com](http://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](http://www.bicycleworkshop.com)

**Marty's Reliable Cycle**  
173 Speedwell Ave.  
Morristown, NJ 07960  
973-538-7773  
[www.martysreliable.com](http://www.martysreliable.com)

**Strictly Bicycles**  
507 Main Street  
Fort Lee, NJ 07024  
201-944-7074  
[www.strictlybicycles.com](http://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](http://www.metrobicycles.com)

**NYC Velo**  
64 Second Ave. (4th St)  
NY, NY 10003 212-253-7771  
[www.nycvelo.com](http://www.nycvelo.com)

**Sid's Bike Shop**  
235 E 34th Street NY, NY 10016  
212-213-8360  
[www.sidsbikes.com](http://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](http://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](http://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](http://www.peakmtnbike.com)

**Spin City Cycle**  
110-50 Queens Blvd  
Forest Hills, NY 11375  
718-793-8850  
[www.spincitycycle.com](http://www.spincitycycle.com)  
**Spokesman Cycles**  
49-04 Vernon Blvd.  
Long Island City, NY 11101  
718-433-0450  
[www.spokesmancycles.com](http://www.spokesmancycles.com)

#### LONG ISLAND

**The Bicycle Planet**  
540 Jericho Turnpike  
Syosset NY 11791 516-364-4434  
[www.thebicycleplanet.com](http://www.thebicycleplanet.com)

**Bike Discounters (1)**  
2503 Middle Country Rd.  
Centereach, NY 11720  
631-471-3230  
[www.thebikeoutlet.com](http://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](http://www.brandscycle.com)

**Carl Hart Bicycles**  
620 Middle Country Rd.  
Middle Island, NY 11953  
631-924-5850  
[www.carlhart.com](http://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

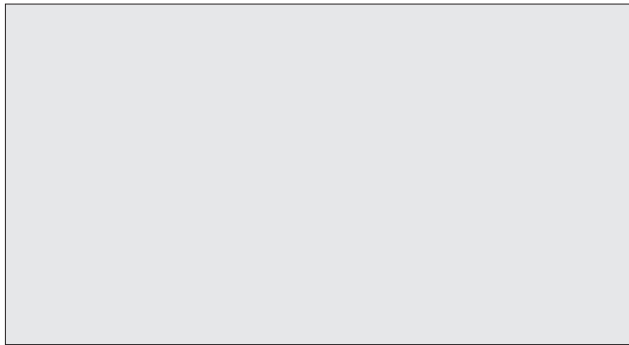
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The Tradition Continues



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## About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive 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](http://www.5bbc.org) for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at [programs@5bbc.org](mailto:programs@5bbc.org).

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

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](mailto: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 July-August 2008 issue is:

**Monday 2 June 2008**

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Editor: Alfredo Garcia  
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## Contacting Us

The 5BBC has no office hours at this time. To phone the Bike Club, please call (212) 932-2300 x115. You will hear information or leave a message using the following voicemail system:

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

After you press 1, for information you may:

- Press 1 - Membership
- Press 2 - Day Trips
- Press 3 - Weekend Trips
- Press 4 - Special Events
- Press 5 - Bicycle Courses

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

E-Mail: [info@5bbc.org](mailto:info@5bbc.org)  
For Bike New York, call directly:  
(212) 932-BIKE

The 5BBC is affiliated with Adventure Cycling, the League of American Bicyclists, the New York (State) Bicycling Coalition & the New York City Bicycling Coalition.