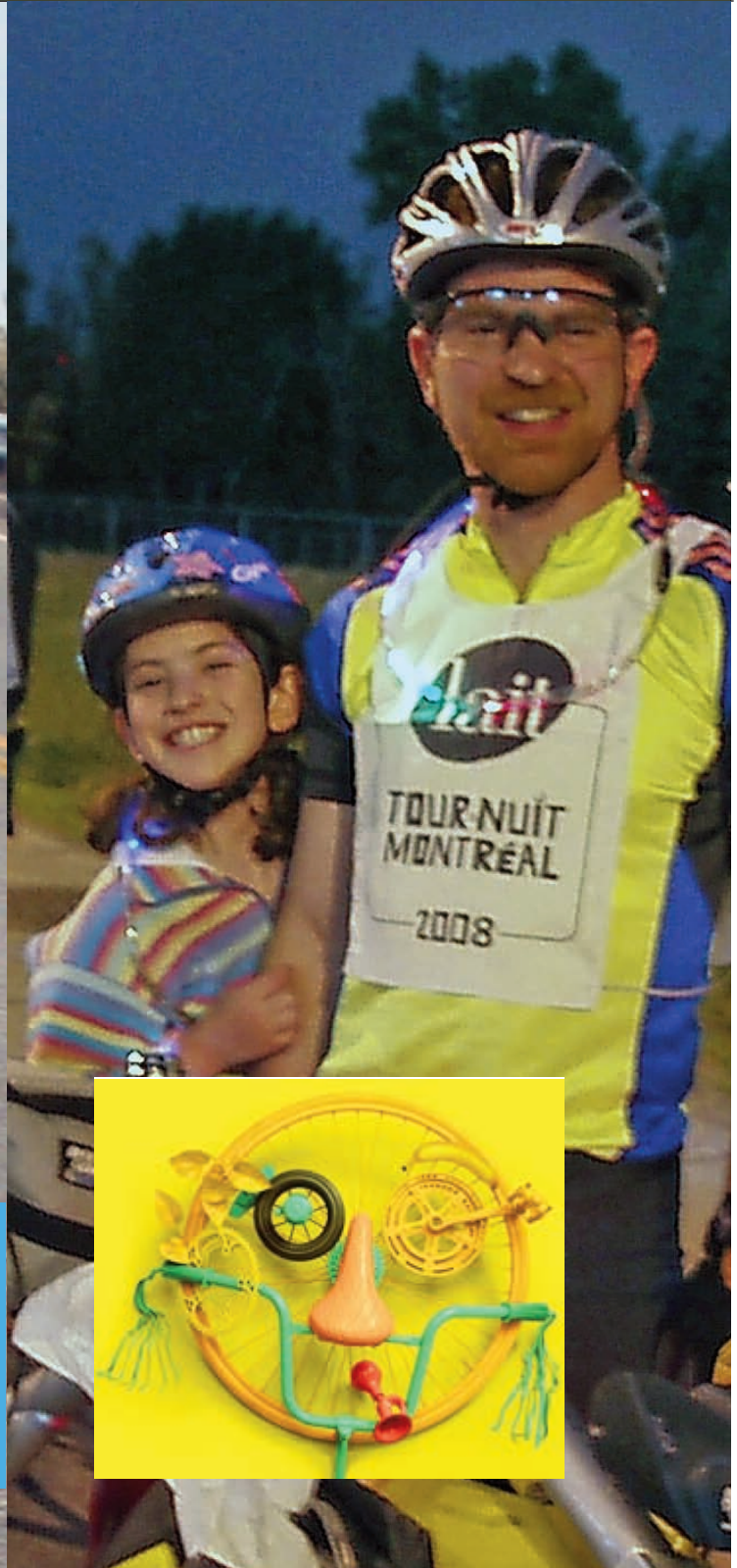


B I C Y C L E E R [®]

Bi-Monthly Publication Of The Five Borough Bicycle Club
July-August 2008
www.5bbc.org



From Montauk to Montréal--Cycling with the 5BBC



Five Borough Bicycle Club

2008 Executive Board

Jesse Brown
PRESIDENT
president@5bbc.org

Andrea Mercado
VICE PRESIDENT
vicepresident@5bbc.org

John Chiarella
RECORDING SECRETARY
recordingsecy@5bbc.org

Rhonda Wittorf
CORRESPONDING SECRETARY
corresponding@5bbc.org

Bob Castro / Phil Goldberg
TREASURER
treasurer@5bbc.org

Ted Kushner / Ed Ravin
DAY TRIPS
daytrips@5bbc.org

Fred Dieckamp
WEEKEND TRIPS
weekends@5bbc.org

Alfredo Garcia
BICYCLE LETTER
newsletter@5bbc.org

Ed Pino / Liz Baum
LEADERSHIP
leadership@5bbc.org

Danny Lieberman
SPECIAL EVENTS
special-events@5bbc.org

Leila Rinehart / Ed DeFreitas
PROGRAMS
programs@5bbc.org

Beth Katz
BICYCLE COURSE
bikecourse@5bbc.org

Jim Zisfein
COMMUNICATIONS WEBMASTER
webmaster@5bbc.org

Sharon Behnke, Steve Faust,
Barry Hartglass, Steven Libby,
MEMBERS-AT-LARGE
info@5bbc.org

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

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

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

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

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

COVER: LEFT: Mona Malleat on the Ponquoque Bridge, riding the 145-mile Montauk Century; RIGHT: Perry & Dimitra Fellman at the Tour La Nuit, Montréal. Photos by Alfredo Garcia (LEFT) and Marina Bekkerman (RIGHT).

5BBC General Meetings



Cycling From New England to Colombia, South America Monday July 28, 2008

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

Did you ever have a quest, a goal, something that you're going to do someday? And if it's really a challenge, something you can tell your grandchildren? Well, these "Tres Amigos" had a goal, a big one. Back in the Summer of 2005, one set off from Boston, met the second in Rhode Island and the two met the third in New York City. From there, they had the adventure of their lives riding their bikes through North and Central America all the way to Colombia, in South America. Light refreshments will be served.



Batter up!

Monday, August 11, 7:00 PM

Location: KeySpan Park, 1904 Surf Avenue, Coney Island, Brooklyn, NY.
Subway: D, F, N or Q to Stillwell Ave.

Let's go out to the ball game! Our August general meeting will take us to KeySpan Park, home of the Brooklyn Cyclones where we'll watch the 7:00 pm game on Monday, August 11 vs. the Batavia Muckdogs. The Stillwell Avenue stop on the D, F, N or Q train takes you there. There are bike racks in front of the ticket office, stay tuned to the website for a possible organized ride to the stadium. Refreshments will not be provided for this event, but typical ballpark fare is available. Please RSVP to programs@5bbc.org so we can ensure adequate tickets. There may be a small fee depending on participation, friends and family are also welcome to join for a small charge.

Leila Rinehart & Ed DeFreitas
5BBC PROGRAMS

ERRATA: Mitch Wrubel's name was spelled incorrectly in the new members list in the May June issue. ERRATA 2: various proofreading errors in the print May June issue were humbly corrected in this PDF issue. I sincerely apologize for any errors. EDITOR.

Let's Welcome Our New Members to the 5BBC, April to June 2008 Yea! Yea! Yea!

David Aldecoa, Tina Alexander, Dija Amer, Al Angel, Jeanine Beck, Jane Bedell, Patrick Bennett, Kathleen Berger, Anita Bernstein, Zusana Borisova, Kate Brady, Eric Brooks, Ron Bruder, Arlene Cabrera, Ken Campbell, Robert Caro, Henry Casas, Noel Casas, Caridad Castro, Joseph Chan, Lui Chan, Danny Chiang, Frederic Choiniere, Mary Ellen Clark, Quinn Cushing, Branko Cuzzzone, Liang Zhen Dai, Kevin Deering, Edward Delle, Naomi Deutsch, Carla Dunham, Jennifer Duffy, Robert Dunn, Darcy Dyer, Steve Dzik, Violet Eagan, Jayme Elderman, Jenny Eisenberg, Chris Etienne, Brad Farkas, Neil Fazel, Florian Feder, Barry Feirstein, Maysoun Ferii, James Flynn, Ivan Foo, Domencio Forte, Peter Foster, Sarah Garrison, Ron Gouder, Alice Griffiths, Robin Griffiths, Howard Grossman, Erica Gruen, Mark Haller, Sara Haller, Kyla Henriksen, Ivan Hernandez, Carla Hunter, Ami Imaizumi, Ahmed Issawi, Ana Joanes, Michael Joseloff, Barry Junker, Paul Kakivelis, Gene Kartavtsev, Jonathan Kaufman, Jean Keesler, Phil Kingsbury, Jessalee Landfried, Le Lam, Phoebe Landrum, Cindy Lenkiewicz, Ester Light, Michelle Lodge, F. Lowe-Perry, Bryan Lord, William McCann, Lorna McCrave, Paul McGeiver, Melissa McGoogan, Holly Mechanic, Sam Mirkov, Tony Mirkov, Denny Mui, William Negherbon, Tom Newman, Dinh Nguyen, Raymond Niles, Daniel O'Neill, Andrea Perez-Davis, Emrich Perrier, Victor Pinter, David Polek, Sarah Price, Butch Quick, Brian Quirke, Mike Radice, Robert Ragaini, Denise Ramirez, Walter Rentschler, Bob Richardson, Carol Ricklin, Zach Ricklin, Peggy Roalf, Josh Rosoff, Estephanie Ruiz, Neil Saake, Ray Sales, Laura Sheperis, Chuck Sommers, Susan Stando, Barbara Steig, Bob Steig, Dennis Steinerd, Masaomi Takamiya, Rieko Takamiya, Edward Tang, Stephen Teller, Tod Terwilliger, John Thiel, Ian Tummon, Brian Wagner, Charles Wahl, Lance Walker, Aiden Wehrle, Janine Wehrle, Taneka Wellington, Joanna Wisniecka, Deborah Yang, Annie Yeung, Leanne Zalewski, and Audrey Zuskov.



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

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

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

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

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

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

New Jersey Transit (NJR) Bikes Aboard Program

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

Specific restrictions apply when you take your bicycle on New Jersey Transit. For info, please call (973) 762-5100 or visit

www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo

Port Authority Trans Hudson (PATH)

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

www.panynj.gov/path/pathrules.htm

Meeting Places for 5BBC Rides

Note: W runs weekdays

13th St. & 9th Ave.

Manhattan cobblestone road, Pedestrian median, near M11 Bus stop corner and various Meat District restaurants. Subway: A C E to 14th St.

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

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

Bridgemarket

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

Central Park, 72nd St. & 5th Ave., Manhattan. Subway: 6 to 68th 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 Mounment 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.

Grand Central Terminal

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

RIDE WITH THE 5BBC!



DAY TRIPPER

The Summer of Bike

The return of our ever-loving Bicycle Beach Bums series! The return of all three (count 'em, three) 5BBC Hall of Fame rides! Circumnavigation, anyone? Or in other words, Perimeter Redux: 5 boroughs (ahem), 5 rides that act like a chalk outline. And two of the aforementioned are part of an awe-inspiring four-rides-in-a-day Alfredo marathon that's guaranteed to earn those who complete the quartet a special patch (or at least a special mention). Plus a special guided tour of perhaps the most unique Bridge that spans the Hudson. What better way is there to spend the summer (especially in these high gas price days) than to grab your bike and put pedal to the mettle? Don't forget those extra water bottles, sunscreen and of course, your helmet! Also, remember to check our day rides listing at <http://www.5bbc.org/rides.shtml> for late breaking updates and schedule additions which arrived after the newsletter deadline.

Ted Kushner & Ed Ravin
5BBC Day Trips

DAY TRIPS JULY-AUGUST 2008

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, Greeley, Ebbets, Eubie Blake, Joe Gallo and other dignitaries. Bring a camera and binoculars for bird spotting. Leaders: Terry Chin and Ed DeFreitas

INDEPENDENCE ISLAND

9:00 AM, Columbus Circle, 40 miles

City Island is a favorite destination of mine, so let's go back there for our national holiday. We'll have lunch right on the water. Plenty of greenways along with some urban scenery. Moderate pace. Bring a cable lock and \$ for lunch. Leaders: Danny Lieberman and others.

Sunday, July 6, 2008

AROUND AND OVER THE HUDSON

8:45 AM, 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

MT. KISCO LANDSCAPES

9:00 AM, White Plains Rd. and Pelham Pkwy (Pelham Pkwy. station on the #2 subway), 60-65 miles

We'll enjoy an extraordinary ride through beautiful lower Westchester County. Relatively traffic free and very scenic, we'll definitely be going Green. 15 mph pace. Leaders: Rodney D. Millard and Jesse Brown

☺ BICYCLE BEACH BUMS #1

10:00 AM, Prospect Park (Grand Army Plaza 30 miles

The beach rides are back and the 5BBC has them! Why tire yourself out riding at a furious pace when you can be relaxing on the beach? Join us every Sunday through the end of August when we ride out to the delightful beaches of the Rockaways. The trip is pancake flat and the water's warm. Bring a bathing suit, bike lock, sunscreen, and bring or buy lunch along the way. This is a moderate paced ride suitable for everyone! Leaders: Phil Goldberg and Sharon Behnke

Saturday, July 12, 2008

SANDY HOOK MAXIMUM BEACH

7:45 AM, Pier 11, 23 miles

We're getting to Sandy Hook on the 8:15AM ferry to do some cycling, then to North Beach for usual summer activities. Bring \$53 fare, sunglasses, sunscreen, two water bottles, swim gear, \$ for lunch and lock to secure bike. Come early to buy tickets. We'll have a choice taking the 3:45PM, 5:45PM or 7:30PM (via Highlands) back to Manhattan. Mostly flat, some busy & hilly roads. Co-listed with the NYCC. Leaders: Alfredo Garcia and Phil Goldberg

☺ BRING THE KIDS ROUND 1

9:00 AM, Columbus Circle, 5-10 miles

Here's the first of two Children friendly rides! Parent(s) or Guardians must accompany each child, and all participants must wear appropriate helmets. We will

enjoy traffic free roadways and the Central Park Merry-go-round. There will be other joys to behold you may be sure. Leaders: Jesse Brown and TBA

Sunday, July 13, 2008

BROOKLYN ULTRA PERIMETER

8:00 AM, City Hall, 50 miles

From Coney Island to Jamaica Bay, this ride is every bit "Brooklyn" as we can make it. Relatively flat terrain at a "B" pace. Lunch on the water. Remember to pack water, sun screen and a camera. Leaders: Danny Lieberman and Fred Dieckamp

PRESIDENTIAL VENTURE

9:00 AM, White Plains Rd. and Pelham Pkwy (Pelham Pkwy. station on the #2 subway), 40-50 miles

We'll be headed to specially secured areas seldom seen by or visited by the general public (beautiful, quiet and very "Presidential"). Lower Westchester County as you may have never seen it before on a journey of joyousness. 15 mph pace. Leaders: Rodney D. Millard and Jesse Brown

☺ BICYCLE BEACH BUMS #2

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

More beach! See July 6 for details. Leaders: Jim Zisfein and Marina Bekkerman

MONSEY: HILLS AND KOSHER PIZZA

9:30AM, GWB Bus Station, 50 miles, Moderately Hilly, 15mph average speed on flat terrain.

We're off to Monsey via the scenic parts of North NJ, where we'll have some nice descents and moderately steep climbs along quiet suburban streets and country roads as we pass through suburban Bergen County to Rockland County. Lunch at a bike-friendly Kosher pizzeria offering regular as well as whole wheat slices. Afterwards, we'll ride more downhill on scenic country roads and then a long straight haul down the middle of Bergen County. Let's stop for a quick look at Van Saun Park and its Zoo before another climb back to the bridge. Optional side trip at the end for ice cream in Manhattan. Bring a lock and \$\$ for lunch. Triples are recommended unless you've got strong legs. Leaders: Dana Hudes and Manny Sanudo

Saturday, July 19, 2008

EATON'S NECK, L.I.

8:00 AM, Cunningham Park, 85 miles

This is a repeat of the Montauk Training Ride completed this past May. Due to the popularity of the ride & requests to have it again, we are posting it once more. This is a long, quick paced trip which offers rewards of beautiful scenery and great companionship. Multiple bail out locations throughout the ride. So bring MTA Rail pass, money for lunch, hydration and two spare tubes. Quick Spin "B" pace average of 15 mph, approx. 18 mph on flats. Note: Point, Drop, or Sweep will NOT be used on this ride. Cue sheet ride means you should be able to read and follow a detailed cue sheet provided at start of ride. Leaders: Ira Najowitz & Dennis Griffin

☺ BRING THE KIDS ROUND 2

9:00 AM, Grand Army Plaza, Prospect Park (Grand Army Plaza), 5-10 miles

Here's the second of two Children friendly rides! Parent(s) or Guardians must accompany each child, and all participants must wear appropriate helmets. We will enjoy traffic free roadways and the Prospect Park Merry-go-round. There will be other joys to behold you may be sure. Leaders: Jesse Brown and TBA

☺ THE PHILS BIRTHDAY RIDE, PART 1

10:00 AM, Cunningham Park, 25-30 miles, nonexistent pace

The mutual celebration is so big we're doing it twice (It's déjà vu all over again). That's right, this ride is going out both days (Saturday July 19 AND Sunday, July 20). The ride will go through northwest Queens, especially to the spot where Phil O' got his first hickey (and we don't mean the body spot). Signups are limited to the first 100. Bring presents for Phil O' and orange Gatorade for Phil G., and bring presents to receive the correct Q-sheet. Late lunch in Elmhurst, with secured and safe bike parking. Bring lots of \$. Warning: Phil O's wife and dog are near. Birthday Leaders: Phil G and Phil O' plus the Infidel, Alfredo Garcia

Sunday, July 20, 2008

WALKWAY OVER THE HUDSON

8:30 AM, Grand Central Terminal, 40-50 miles

In the fall of 2009, the majestic Poughkeepsie Highland Railroad Bridge will celebrate its anticipated grand opening as the world's largest (and highest)

Meeting Places for 5BBC Rides

Penn Station

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

Pier 11

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

Plaza Hotel

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

Prospect Park (Grand Army Plaza)

Flatbush 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.

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.



White Plains Rd. & Pelham Parkway, Bronx. Subway: 2 to Pelham Parkway





Photo by Peter Morales

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; 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.

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



From bookcover: The Best of Newspaper Design 27

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



Thanks to Phil Goldberg, Josh Gosciak, Brian Hoberman and Mary McNulty, the July-August 2008 print Bicycletter was mailed July 3. *Editor*

pedestrian walkway/biking rail trail, just in time for the 400th anniversary of Henry Hudson's discovery of the waterway that bears his name. And rail trail is an apt description: finished in 1888, the Bridge served passenger trains for nearly 100 years. This special ride will include a guided tour of the Bridge, as hosted by Fred Schaefer, Chairman of Walkway Over The Hudson, the advocacy group that has spearheaded the campaign to restore the span to its new use. Not only that, but Fred's an avid biker himself! We'll view the Bridge from points east and west, and there's a possibility (although slight due to ongoing construction) for access onto the Bridge itself. Participants are asked to consider donations or membership; see www.walkway.org for further info. Note we may have dinner after the ride in Cold Spring. Bring Metro North bike permit, \$24 round trip fare and bike locks. Flat to rolling terrain, a few steep hills. Leaders: Ted Kushner and Ed DeFreitas

QUEENS ULTRA PERIMETER

8:00 AM, Bridgemarket, 70 miles

Two airports, two racetracks, and more scenery than ever before. Make the early start and you'll be rewarded with a delightful ride. Note average pace about 16mph. Lots of hills included! Travel light and bring enough snacks and water. Limited stops. Leaders: Danny Lieberman and Fred Dieckamp.

☺ BICYCLE BEACH BUMS #3

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

Even more beach! See July 6 for details. Leaders: Rhonda Wittorf and Bob Castro

☺ THE PHILS BIRTHDAY RIDE, PART 2

10:00 AM, Cunningham Park, 25-30 miles, nonexistent pace

The mutual celebration is so big we're doing it twice (It's déjà vu all over again). That's right, this ride is going out both days (Saturday July 19 AND Sunday, July 20). The ride will go through northwest Queens, especially to the spot where Phil O' got his first hickey (and we don't mean the body spot). Signups are limited to the first 100. Bring presents for Phil O' and orange Gatorade for Phil G., and bring presents to receive the correct Q-sheet. Late lunch in Elmhurst, with secured and safe bike parking. Bring lots of \$. Warning: Phil O's wife and dog are near. Birthday Leaders: Phil G and Phil O'

Saturday, July 26, 2008

☺ HOLY-WOOD RIDE

9:15 AM, City Hall, approximately 18 leisurely miles

When Said was a boy in Egypt his mother became so upset with his grades that she did what many distraught mothers do; she slapped him upside his head! When all else failed, she went a step further and sent the boy off to woodcarving school. "Knock on wood," the kid made it...and made it big! We'll visit Said's workshop and studio in Woodside, Queens and find out how this boy (now an older man) became a woodcarving idol. We'll learn about Said's church carvings and see some of the furniture projects he is currently working on. Bring lock and money for lunch at a nearby ethnic restaurant. Rain at start cancels. Leaders: Richard Sanford and Jim Mallard

BIKE, ROCKAWAYS, BOAT

10:00 AM, City Hall, 23 plus miles, mostly flat

We'll ride one way to the Rockaways and take a summer boat back to Manhattan via NY Water Ferry Taxi. Bring \$6 for ferry, either for 2:30 or 5PM return. Co-listed with NYCC. Leaders: Alfredo Garcia & Jesse Brown

Sunday, July 27, 2008

☺ BICYCLE BEACH BUMS #4

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

Enjoy fun and sun and sand and shore! See July 6 for details. Leaders: Susan Levine

LATE RISERS - QUICK SPIN CARMEL EXPRESS

Take Metro North Harlem Line from Grand Central (9:48 AM) or 125th St (9:58 AM) to Brewster (11:08 AM) Meet at Brewster RR station. 55 miles, mostly flat with a few steep hills.

A nearly traffic-free B16 (quick spin) pace from Carmel, NY back to the city, via the Putnam Line rail-trail (aka North & South County Trailways) for a total of 55 miles. You'll need your MTA bike pass and \$11 for carfare, NOTE: 70% of this ride is traffic free and often in remote areas. Thus, please bring lunch, snacks, 2 tubes, plenty of water, and sunscreen. There will be a brief lunch / rest stop. Leaders: Ken Williams and Wentworth Price.

Sunday, August 3, 2008

☺ QUEENS BROOKLYN MOSAIC

9:00 AM, Bridgemarket (E. 60th St. and 1st Ave., Manhattan), 20 miles

From borscht to arooz con pollo, we'll tour some interesting neighborhoods: Long Island City, Greenpoint, Williamsburg, Fort Greene, the waterfront and Brooklyn Heights. This classic tour is one of three inaugural inductees into the 5BBC Hall of Fame Rides! Ride ends with lunch several blocks from the 125-year old Brooklyn Bridge. Bring lock and lunch money. Mostly flat with a few steep hills. Leaders: Terry Chin and others

BRONX PERIMETER

9:00 A.M, AYH, 30 + miles

This may be our last year to see the "House that Ruth Built". Anyone who loves baseball gotta shed a tear. But, we press on to one of the more unusual nabes for NYC: Riverdale. Okay, it's high but, it don't look like Da Bronx. Then touch on Westchester to get to a great path through Pelham Park, have lunch before the Riviera, a fort and college tucked under a bridge and more. Leaders: Ed DeFreitas and others

☺ BICYCLE BEACH BUMS #5

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

More fun and sun and sand and shore! See July 6 for details. Leaders: Phil Goldberg and Ted Kushner

Saturday, August 9, 2008

4-IN-1 CYCLING MARATHON*

Let's ride all day, nearly 24 hours, about a hundred miles, for the sheer nerve of it. Do one, several or all. Those riding ALL FOUR & stay with me will get a special embroidered patch. Stamina and alertness, as well as a bike in good condition are required. Main Leader: Alfredo Garcia

*STATEN ISLAND EARLY PERIMETER

4:00 AM, South Ferry, 40+ miles

Early bird ride for those who want to do other things in the day. We take the 4:30 AM boat to Staten Island. We'll take about 4 hours to ride around Staten Island, averaging about 12mph (note: leader will ride a sturdy touring road bike). Bring food & water. Cyclists must have bike in good working order as well as being fit to finish ride in 3.5 hours or less. 1st of 4 rides to be

done within 24 hours. Leaders: Alfredo Garcia and Jesse Brown

*SANDY HOOK

10:00 AM (yes, 10:00 am for this date only), Pier 11, 23 miles

Nice scenery. No beach time, just riding around. Some sightseeing pauses at the Hook. Fare: \$53. Mostly flat, some hills, busy roads. 2nd of 4 rides to be done within 24 hours. Leaders: Alfredo Garcia and Steven Libby

*CONEY ISLAND

5:30 PM, City Hall, 25+ miles,

Cycle for hot dogs & knishes at Nathan's and pause at the boardwalk. Front & Rear Lights recommended. Mostly flat with one hilly Brooklyn Bridge. Leaders: Alfredo Garcia, Brian Hoberman, Ken Williams

*LINCOLN TUNNEL RUN THROUGH

9:30 PM, 13th St . & Ninth Ave , Manhattan (at pedestrian median, near the M11 bus stop), 23 miles

By any other name, one of the Club's oldest continuously held rides, and an inaugural inductee into the 5BBC Hall of Fame Rides! Cycle on this annual night ride, culminating in a spin under (through?) that imbedded underwater worm, the Lincoln Tunnel. Ride subject to cancellation by the Port Authority. FRONT & REAR LIGHTS REQUIRED. Optional breakfast afterwards. 4th of 4 rides to be done within 24 hours. Leaders: Alfredo Garcia, Phil Goldberg and others.

THE END OF THE (LIRR) LINE

8:00 AM, Cunningham Park, 55-60 miles

We'll head on out to Port Jefferson in Suffolk County via North Shore roads and bikeways. Ability to read and follow a cue sheet is a strong recommendation. No one will be left behind as you have the option to take the LIRR back from Port Jefferson at the ride's conclusion or from any other LIRR station earlier in the ride. Quick Spin "B" pace average of 15 mph, approx. 18 mph on flats. Note: Point, Drop, or Sweep will NOT be used on this ride. Bring MTA Rail pass, hydration, money for lunch and fare back to the city. Must bring a smile on your face and a good attitude on the ride. Leaders: Ira Najowitz and Dennis Griffin

Sunday, August 10, 2008

STATEN ISLAND REGULAR PERIMETER

9:00 AM, South Ferry; 10:00 AM, St. George Ferry terminal, 40 + miles

Dear Fellow Members of the 5BBC

We're looking for New Board Members!

Elections are nearer than you think. We're starting early this year to try to avoid the last minute scramble of past years. All Board Positions are open. We encourage long time and recent members alike to throw their hats in the ring. If you are interested, kindly send us a short bio and indicate what position you may like to hold. Hard work, good will and a sense of humor needed. The descriptions what the positions are, any requirements and what they entail are as follows:

OFFICERS

President - Presides at meetings; exerts overall responsibility.

Vice President - Assists the President; may lead specific projects.

Recording Secretary - Takes minutes of Board meetings.

Corresponding Secretary - Handles correspondence.

Treasurer - Coordinates preparation of the budget, monitors spending.

COORDINATORS

Day Trips - Develops, schedules and helps identify leaders for all Day Trips.

Weekend Trips - Develops, schedules and budgets all Weekend trips.

Newsletter - Edits and publishes the bi-monthly newsletter.

Leadership - Conducts the comprehensive leadership six-week training course.

Special Events - Coordinates and plans the Montauk Century and other "Special" events.

Bicycle Course - Plans and schedules repair courses and seminars.

Programs - Plans monthly membership meetings, entertainment, educational and special Club programs.

Communications - Publicizes and promotes club activities to the public.

The officers, day trips, weekend trips and leadership coordinators must be trained 5BBC leaders. The President must be a club member for two years or a Board member for at least six months. If you and another person wish to jointly hold a position, you need to tell us and both of you need to submit a bio. Members at Large are non-voting, non-elected advisory members selected by all Board Members at the start of the new term.

Thanks!

The Nominations Committee of the Board (Liz Baum, Danny Lieberman & Andrea Mercada)

RIDE WITH THE 5BBC!



Interesting Opportunities to Ride Your Bike in NYC



If you missed Josh Gosiak, & Susan Levine & Jim Zisfein's June 28 ride to the New York City Waterfalls, you can still do the route on your own or with a group, until Oct. 13. Download / print the cuesheet at www.nywaterfalls.com. Click on the bike route on the "How to Visit section."

Summer Streets



On August 9, 16 and 23, Manhattan's Park Ave. from 72nd St. to 14th St. will be CAR-FREE, from 7AM to 1PM, as part of the Summer Streets program. We will have a ride going there Aug. 16. You can also download a flier (above) at: <http://tinyurl.com/5lbgg7> *Too bad the city can't do the same for the Bronx's Grand Concourse.*



Take a round-trip or ride one way and take the ferry from the Rockaways Riis Landing in Queens. Details will be posted on the www.nywatertaxi.com website. Get a cool breeze.....



A ride so nice, we're doing this one twice. This is for the regular folks at a regular pace at a regular time. This is a perfect place to do a Perimeter. It's an island! It has big hills in the middle (which we avoid). We follow the classic Alfredo Garcia route he created back in 1997 and see all the great places along the shore. Kind of cool for a summer's day (we hope). Lunch on the grounds of the Conference House. Leaders: Ed DeFreitas and TBA

☺ BICYCLE BEACH BUMS #6 10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

Let's get some suntan, sandtan and shoretan! See July 6 for details. Leaders: Rhonda Wittorf and Bob Castro

Sat. August 16, 2008 CYCLOVIA HALO HALO RIDE 7:45AM, Central Park, 72nd St. & 5th Ave. 30-35 miles, mostly flat

Not to be missed! We'll take a nice stroll down Manhattan's Park Ave (see www.readmetro.com/show/en/NewYork/20080617/1/2/) which will be closed to traffic, to South Ferry. Then we'll ride through Staten Island and over the Bayonne Bridge to a Filipino restaurant for lunch and Halo Halo. Then ride to Liberty State Park for views of New York Harbor. Choice of taking PATH or Liberty Park Water Ferry at ride's end. Bring lock, \$ for lunch and fare (\$7 ferry or \$2 PATH), sunscreen & sunglasses. Co-listed with NYCC. Leaders: Alfredo Garcia, Jim Mallard and Jesse Brown

LONGING FOR LONG BEACH 9:00 AM, Kew Gardens, 50 miles

If you're looking to work on that Long tan, catch the Long surf, dig your heels in the Long sand, or possibly just hang on the Long boardwalk, then you Be-Long in Long Beach. From Queens to the South Shore, our route dovetails thru the Five Towns area amid suburbia at its best, with a return via the Rockaways and an ice cream stop. Note: round trip crossing of the Atlantic Beach Bridge requires walking, not biking. Beach pass access is about \$7. Bring bike lock and lunch money. Moderate pace, mostly flat. Leaders: Ted M. Kushner and others

Sunday, August 17, 2008 QUEENS PERIMETER 8:30 AM Quick Spin or 9:00 AM regular spin, Bridgemarket Plaza (northeast

corner E. 60th St & 1st Ave), 50-60 miles
This is a big borough. If you missed the July 20 Ultra Perimeter with Danny Lieberman, here's another chance to enjoy Queens. There is so much to see, it can't all be listed here! Leaders: Jesse Brown, Rodney Millard, Ed DeFreitas

☺ BICYCLE BEACH BUMS #7 10:00 AM, Prospect Park, 30 miles

Late Summer fun and sun and sand and shore! See July 6 for details. Leaders: Jim Zisfein and Marina Bekkerman

Saturday, August 23, 2008 SANDY HOOK MAXIMUM BEACH 7:45 AM, Pier 11, 23 miles

Once more, we're getting to Sandy Hook on the 8:15AM ferry to do some cycling, then to North Beach for usual summer activities. Bring \$53 fare, sunglasses, sunscreen, two water bottles, swim gear, \$ for lunch and lock to secure bike. Come early to buy tickets. We'll have a choice taking the 3:45PM, 5:45PM or 7:30PM (via Highlands) back to Manhattan. Mostly flat, some busy & hilly roads. Co-listed with the NYCC. Leaders: Alfredo Garcia and Marina Bekkerman.

☺ RESTORATION WORKSHOP RIDE 9:15 AM, Plaza Hotel, approximately 20 leisurely miles.

It can be rather upsetting when your fifty thousand dollar French antique night table arrives with a broken leg. Have no fear mon cheri, for Jorge will fix it so your two hundred year old piece will look as good as new (or is it old?) again. We'll visit Jorge in his Gowanus, Brooklyn restoration workshop who will show us how he repairs and if need be strips for his clients. (We're still talking furniture folks). Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and Phil Goldberg

Sunday, August 24, 2008 BROOKLYN PERIMETER 8:30 AM Quick Spin, 9:00 AM Regular spin, City Hall, 40 + miles

Again, if you missed Danny's Brooklyn Ultra Perimeter back on July 13, this is your second chance to see the borough that's often touted as "the 4th largest U.S. city". We'll do it clockwise and save the best for the hot time of the day, including Sheepshead Bay (for lunch), Coney Island and Red Hook. Leaders: Jesse Brown, Rodney Millard, Ed DeFreitas

UP, UP, AND AWAY!

9:45 AM, Cunningham Park, 35 miles

Celebrate the history of aviation in Hicksville, LI. Bring \$10 admission (IMAX theatre is extra). Lunch is available in the Red Planet Cafe. For more info see cradleofaviation.org. The museum has a bike rack so bring a lock. Leaders: Phil "Bike21" Goldberg and Bob Castro

☺ BICYCLE BEACH BUMS #8

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

More Bums, more beach! See July 6 for details. Leaders: Brian Hoberman and Susan Levine

Saturday, August 30, 2008

BATHE IN BAYVILLE XXI

9:30 AM, Cunningham Park, 55 miles

Join us on this perennial 5BBC summer favorite (now in its 21st year) to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for a swim in Oyster Bay Harbor and some sunbathing. Also one of three inaugural inductees into the 5BBC Hall of Fame Rides! Bring \$ for lunch or a bag lunch, bathing suit, towel, lock, and an MTA bike pass. Rolling terrain and some steep climbs. Leaders: Ira Najowitz and Dennis Griffin.

Sunday, August 31, 2008

☺ BICYCLE BEACH BUMS #9

10:00 AM, Prospect Park (Grand Army Plaza), 30 miles

Last Chance for da beach! See July 6 for details. Leaders: Phil Goldberg

Sunday, September 7, 2008

MANHATTAN PERIMETER

9:00 AM, City Hall, 30 miles

Where the City started is where the series ends. It's an island, so it's easy to run the edge (sort of). There are still inaccessible shore lines. Although, it's a lot better that the first time we did this series back in 1998 as a centennial event for the City. After we take the fabulous Hudson River shore from the cyclist equivalent of I-95, we'll have lunch in Isham Park and visit a nature center. We'll find our way down the east side. The difference between the two shores is dramatic, but the ride is worth the education and, hopefully, the FREE pizza down where the city started will tempt the hungry to stick it out. Leaders: Ed DeFreitas and others



He should be on a 5BBC ride--2008 Democratic Presidential candidate Barack Obama on a hybrid bike and wearing a helmet

Unconventional Bicycles



Imagine Phil O'Reilly riding this as a gift? The bike with SQUARE wheels is definitely a gas



Based on a 1930's French design, the Swedish Pilen has a two part top tube as well as a two part non-adjustable seat post. A bike for a few good people. www.pilencykel.se

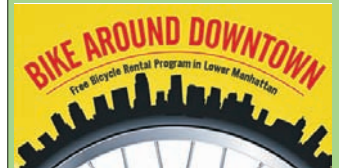


British student Phil Bridge made this ultra tough cardboard bike for about \$30. Sources for all bikes: www.bicycledesign.blogspot.com



Want to reduce your carbon footprint to help the environment? This road bike by Calfee has a frame that's made of smoke-treated **bamboo**, which makes it strong, durable & does not splinter. There is also a program in Africa that promotes a simpler bamboo bike.

Hazon is looking for a few experienced ride volunteers to help out for their annual Labor Day weekend NY bike event, on Aug. 29 - Sept. 1, 2008, from near Poughkeepsie to Manhattan. You don't have to be Jewish, but need to know the connection with Judiasm with the environment. More details, visit the Hazon web at: <http://tinyurl.com/3z5etn>



You can ride a free rental bike on Manhattan's downtown, with the "Bike Around Downtown" program, in association with Bike & Roll NYC. recise details can be found on www.downtownny.com/bikearound

You can rent a bike on Governor's Island for free, for an hour, on Fridays, until Oct 10. Details: <http://tinyurl.com/6o7qo5>

With a friend or two, you could ride to Manhattan's Pier 11 and take a FREE ferry with your bike to the new Ikea store in Red Hook, Brooklyn. Cyclist-related details (as well as the NYC Waterfalls) can be found on www.benepesbikeblog.blogspot.com/



Ride Tues. & Thursdays
with The Weekday Cyclists.
www.weekdaycyclist.org



5BBC Bicycle Beach Bums

Dates: July 6, 13, 20, 27
August 3, 10, 17, 24, 31
Join us for our annual series of rides to the Rockaways for summer fun and beach time. We meet Sundays in July & August at Brooklyn's Prospect Park's Grand Army Plaza, near the entrance, at 10AM. We ride out of the park, head south, pick up lunch, ride on the Shore Parkway Greenway, & over the Gil Hodges Bridges to a nice Neponsit beachfront. Have fun and return back. Join us for summer cycling!



Cycling Risk Assessment Study

The New York Cycle Club, a 1,600+ member organization, located in New York City (and good friend of the 5BBC), is conducting a worldwide bicycle accident survey. The results will be published as part of a cycling risk assessment study that will be made freely available to the public at the conclusion of the survey. It is for educational & advocacy purposes.

The survey contains dozens of data points and its design is streamlined to have folks get through the survey as quickly and efficiently as possible.

Please click emblem above or visit: www.nycc.org/ras/

Also, please consider entering one or more accident survey responses. The more responses, the more meaningful the results will be. Thank you.

New Haven Critical Mass, a Century, A Rooftop Party and A Lighthouse.

By Josh Gosciak Photo by Bill Biski



Since I had planned on riding the New Haven Century on Saturday June 28 (though not the 100-mile route, but the shorter coastal one), I decided to head up early, the night before, on Friday, and sample the Critical Mass in New Haven since hearing about it on the NYCC bulletin board as a must-see/ride event.

It was a good decision, and a quick, relaxing get-away that wasn't too far away. About 250 showed up at The Green, in the center of town, on Chapel & Church, around 6 pm, while an evening concert of mellow jazz, put on by Arts & Ideas, a local nonprofit, blended into the background. It was idyllic and relaxed. A few tall bikes eventually showed (don't see much of them these days in NYC) and messenger fixed types -- but the bulk seemed to be just, uh, regular folks out for an evening ride. (New Haven is a bit of an interstate stop, redesigned in the early 1970s with 95 bisecting it. There are very few bike lanes, too, so an evening ride is much anticipated and was seen more as a night out than any sort of protest. I saw a family with their nine-year old daughter, and older folks who you don't see at Union Sq.)

The police, too, saw us as just regular folks, and seemed to go along with the flow, patiently waiting off at a distance for the group to roll. They did not appear until the ride began, and had 4 police on bicycles (3 guys and one woman, all really good riders who expertly corked and sprinted up to the head); a motorcycle cop (who was more concerned with motor traffic and violators, esp. double parkers), an officer on a Segway, which was used to halt traffic at intersections as the officer spun around like a top but slowly (which made you think of something out of Robocop), and two squad cars at the end. One of the biker cops told me that they were there to protect the riders, not to make sure they were riding legally.

And in that regard, slowed down cars, corked, and harassed double-parkers who were blocking the streets. The two squad cars moved at the tail, and kept motorists from breaking into the crowd. I had a lengthy talk with the biker cop as we rode together, and he looked forward to the night out, he said, getting some cycling in. There are no problems, and his job was to get folks safely from point A to point B, though he admitted that he didn't know the route and was "just following along." He wasn't hostile at all (not exhibiting the usual arrogance you find at Union Sq.) and was puzzled why NYC was giving cyclists such a hard time. Still, there were no stops at intersections or bike lifts. But my police companion seemed to feel that even at the slow pace we were not causing any congestion, and a short 3-4 minute bike lift might not have been a big deal.

The interesting thing, too, is that like SF, many drivers seem to know that this is "officially" going on and so stay away from the downtown area on the last Friday of the month, which makes it all the more better. (There has also been a raging debate whether New Haven CM should be collaborating with the police in having an escort; but I think it worked just fine, and the message is quite clear: What better way to ride safely on a Friday night sans automobile than on a Critical Mass ride?) At the end, the squad captain waited patiently for all the cyclists to get on the sidewalk, near a loft for an after-CM party, before wishing us all a "good night" and opening the street to traffic. A few of us went out for an evening ride to the lighthouse, which was another lovely ride.

The New Haven Century, which is four years old, is free w/registration (you need to sign that waiver), and there were about 250 riders here, too, as well, some from the previous night's ride. A contingent, however, of 5BBCers, led by Alfredo Garcia and Jesse Brown, plus a "B" ride led by Susan Rodetis & Dan Finton, took the 5:35 am train from NYC, to do a 44.1 and the full 100 mile routes. I opted for the more coastal route, and had lovely views of the Sound, riding a mere 28 miles, but enjoying every bit of it.

I had such a great time that I decided to organize a weekend trip next year, esp. if it falls on the last weekend in June, that ties in with the New Haven Century.

Scenes Before the 2008 5BBC Montauk Century



May 16, 2008. On a rainy Friday afternoon at a Brooklyn warehouse, tour director Bob Bagomolny, with stacks of Vitamin Water, focuses on logistics for the Montauk Century.

Thanks to Bob, Danny Lieberman and Bob Castro among those who put together a great cycling event.

Embroidered Patches of Montauks Past

Patches provided by Alfredo Garcia

We used to give out colorful patches for the Montauk Century. It was considered to be a unique cycling moment and well as an honor after finishing the ride. Nowadays, they have been replaced with items such as socks, bottles, t-shirts and cycling jerseys. Here's a look at several.



1993



1997



2000



2002



2008

There was no patch this year, but wouldn't it be nice...



You can never have enough cartoons of (Smart) water for thirsty cyclists on event day.



Preliminary supplies loaded on a truck headed to a Montauk Century rest stop on event day.

new york craigslist queens tickets [email this posting to a friend](#)

Wanted fraud! Beware any deal involving Western Union, Money transfer, cashier check, money order, [anything](#) promise of transaction protection/[credit](#) guarantee. [More info](#)

Montauk Century - 65 mile, Babylon to Montauk - 60 mile, NY

Re:to: Date: 2008-05-15 15:00 EDT

I have a ticket for the 5 borough Montauk Century Tour but cannot go to sell for \$60 (costs \$100) includes the shirt from Babylon to Montauk including return ride for the bike + you on the 5 borough Babylon.

I live in Queens and can deliver the tickets to your most preferred location or email

Location: New York, NY
 If you are interested in this posting, please contact the poster via the services or other contact information provided.

Posting



Wizards at work: Bob Castro, organizes coordination materials, days before the moment of truth.

Interest in our Montauk event generated several online advertisements offering spots to those closed out of registration. This one appeared on Craig's List.

Scenes From The 5BBC



Congratulations to Jesse Sussel of Brooklyn Heights, who won a vacation for two to Brittany, France, courtesy of BZH New York & the Brittany Tourism Bureau.

Details on this trip, visit www.5bbc.org/montauk/brittany.shtml and www.bzh-ny.org

BZH New York brought Breton musicians who performed at the Second House Tavern finish.

Thanks to all who rode & volunteered at Montauk. A special thanks to Danny Lieberman & Bobby Bagomolny. Sorry for those who had problems at the end, but you'll return next year for a better time 😊😊😊😊😊😊😊😊😊😊



Montauk Century

Sunday 18 May 2008

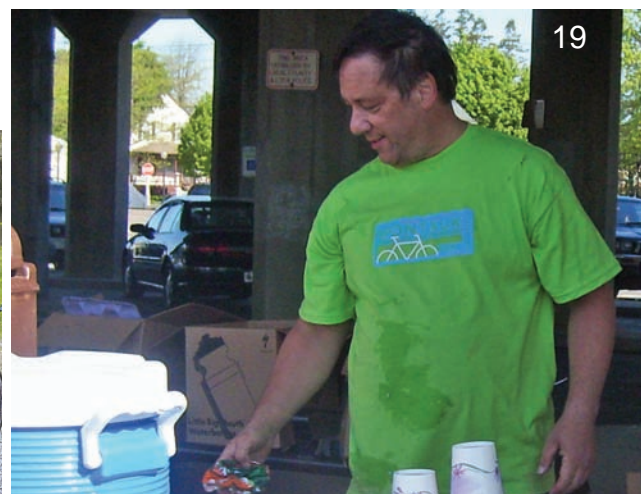
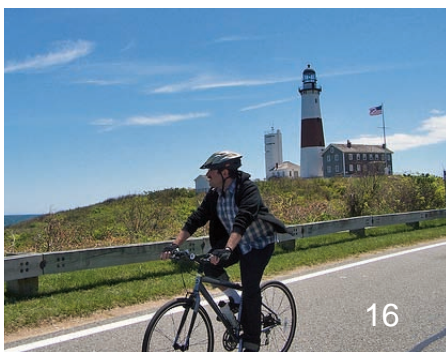
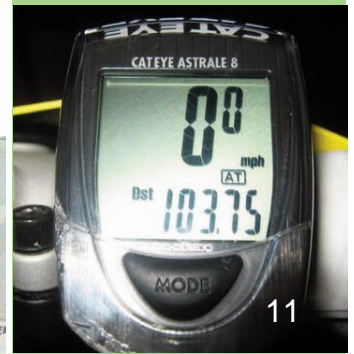
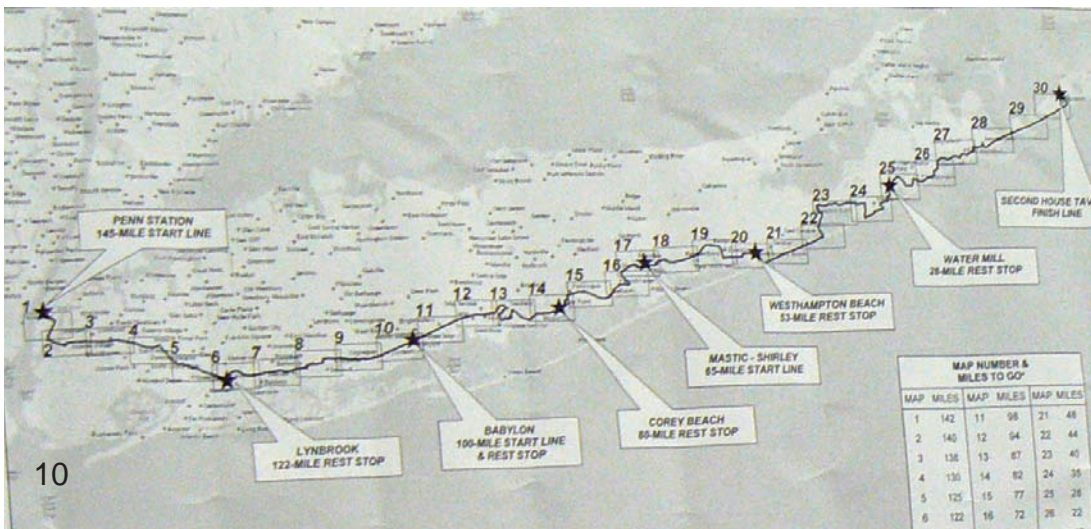


Photo Captions: 1-Jeff Blye & Danny Lieberman @ 5:05AM; 2-Early sunrise; 3-Williamsburg Bridge; 4-Delah Del Prado & Jenny Sherman w/ a happy ending; 5-Adriana Mincheva & friend, Penn Station; 6-Corey Beach: Water-Cyclist replenishment; 7-Hammering it out; 8-Crazy fixed gear cycling on the Ponquoque Bridge; 9-Henry Francisco, who did both the 5BBC Montauk Century & Ride to Montauk 145 mile rides! 10-Layout of route at 5BBC "Prologue" Meeting, May 8; 11-Hitting the century mark at the end; 12-Mr. Softee ice cream truck at Water Mill; 13-Westhampton Beach group shot; 14-At the Second House Tavern finish; 15-Getting closer and closer; 16-This lucky guy was able to visit the Montauk Lighthouse; 17-Rain started to pour in the late afternoon; 18-A proud group portrait for posterity; 19-Ted Kushner, volunteer at Babylon LIRR rest stop.

Photo Credits

Jeff Blye: 1, 2, 3
 Delah Del Prado: 4, 11
 Alfredo Garcia: 8, 9, 10, 19
 Gene Kartavtsev: 7, 14, 18
 Jaki Levy: 16
 Adriana Mincheva: 5, 12
 Gerry Regan: 6, 13, 15, 17

**Scenes from the Montauk Century Volunteers Party,
Ulysses, Stone St. Historic District, Tuesday, July 1, 2008**



Many Thanks to these individuals who helped make the Montauk Century a success!



Stone St. was one of Manhattan's earliest paved streets, now car-free for a unique dining experience



Photos by John Candelaria & Alfredo Garcia
Special Thanks to Danny Lieberman

Click on this photo for online article on Stone St.

Ms. Alexandra Castro, Somewhere in England,
Training in Hill Country



The Clifton Suspension Bridge - the Icon of Bristol



Birthday Cycling Girl



Fearless cycling down stairs, which is a remarkable skill for someone very young for her age



Time to rest up and fuel up

This will save me from cornering every member of the Five Borough Bicycle Club, so you can see and admire the latest photos of the future member of the forthcoming 2020 US Women's Cycling Team, Alexandra. She currently lives in England with her adoring parents. With her Dad, she trains in Hill Country. Besides being the prettiest member of the team, she's also the most patriotic, with a birthday on the Fourth of July to prove it.

Words and photos provided by 5BBC member, bike leader and club Treasurer, Bob Castro, Alexandra's adoring Grandfather.



Celebrating her fifth birthday



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



Hyde Park



Delaware Water Gap

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

See pages 18-19 for Summary of
Weekend Trips Rules

Five Borough Bicycle Club

Return Of A Classic! Delaware River & National Recreation Area

PEDAL & PADDLE POWER

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

Trip No.: PPP

Regular price: \$330

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

Deposit: \$150

Transportation: van and/or carpooling

Lodging: lodge (4 room lodge with bunk beds)

Trip rating: A/B

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

Leaders: Fred Dieckamp & Steven Libby

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

Upstate Rail Trails and Country Roads

HARLEM VALLEY RAIL WEEKEND

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

Trip No.: HVRW

Price: \$175

Early bird price: \$165

Deposit: \$100

Transportation: Metro-North Railroad and self-contained

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

Trip rating: A/B

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

Leaders: Jim Zisfein & Cesar Vasquez

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

Lancaster's Crown Jewel

COVERED BRIDGES RIDE

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

Trip No. CB

Deposit: \$150

Regular price: \$240

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

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Manuel Sanudo & Martial Henrys

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

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.

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

Weekend Trips 2008

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

SEEKIN' HYDE PARK

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

Trip No. SHP

Regular Price \$185

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

Deposit \$100

Transportation: Metro North Railroad and self-contained

Lodging: College campus

Trip rating: B/C

Mileage: 65 miles in 2 days, some hills

Leaders: Susan Levine & Stephen Jackel

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

Easiest 100 Miles In The East

SEA GULL CENTURY

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

Trip No. SGC

Deposit: \$150

Regular price: \$430

Early bird discount price (Deadline Sept. 3): \$385

Transportation: Van or carpool

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson & Wentworth Price

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

local talent, or perhaps an extreme bowling excursion featuring dayglow pins and blacklights. Sunday we'll take a shorter cool-down ride before heading home.

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

CAPE MAY ESCAPE

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

Trip No.: CME

Regular Price: \$180

Early bird price: \$160 (Deadline Sep. 24)

Deposit: \$100

Transportation: van or carpooling

Lodging: motel; double accommodations

Trip rating: A/B, averaging 15 mph

Mileage: 100 to 170 miles in 2 days

Leaders: Josh Gosciak & Alfredo Garcia

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

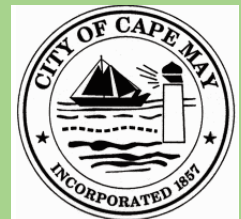
Note: Trippers, at their own expense, may take NJ Transit to Bay Head, New Jersey, on Friday night, October 24th, after 7 PM (i.e. off-peak) and make arrangement to sleep over for the start the next morning. These expenses are not reflected in the prices listed above.



Montréal: Mary O'Neill (left) and Steve Sakson (right) came in peace to cycle the Tour de L'île. Photo by Marina Bekkerman.



Harlem Valley RailTrail



Cape May



Montréal heads.
Photo by Marina Bekkerman



Cape Cod--Sharon Behnke photo



Assateague Island, Maryland, Sea Gull Century, via Verrazano Bridge.



Tour La Nuit, Montréal.
Photo by Marina Bekkerman.



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.

Welcome New 5BBC Leaders



John Chiarella photo

On Sun. June 22, after a month of class instruction, field rides and a leadership weekend trip, five 5BBC members became 5BBC ride leaders. Let's welcome:

Andrea Casertano
Neil Cohen
Dana Hudes
Peter Jensen
Yvette Miller
Ron Sexton

Thanks to Leadership Coordinators Ed Pino & Liz Baum, with special assistance from Ira Najowitz and Ed Sobol.



Yvette Miller. Photo by John Chiarella



Brita Climate Ride, Sept. 20-24, 2008.
www.climate2008.org

Bike Events on Tap

Click on the event emblem for a web-related link or visit our Regional Roundup page: www.5bbc.org/roundup.shtml.

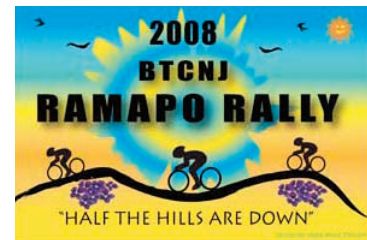


Bike New York's Harlem Valley Rail Ride, Sun. 27 July 2008. bikenewyork.org. NOTE: 5BBC tie-in weekend trip available; see page 12 for details.

Princeton Free Wheelers'
28th Annual Bicycling Event
August 2, 2008
Mercer County Community College



www.princetonfreewheelers.com



Bicycle Touring Club of North Jersey Ramapo Rally
Sun. 17 Aug. 2008. www.btcnj.com



Transportation
Alternatives
TA Century,
Sun. 7 Sept. 2008.
www.transalt.org



New York Cycle Club Escape New York,
Sat. 20 Sept. 2008 www.nycc.org



Bike New York--Twin Lights
Sun. 28 Sept. 2008
www.bikenewyork.org



Staten Island Bicycle
Association
Pumpkin Patch Pedal
Sun. 21 Sept. 2008
www.sibike.org



Dear Wentworth:



Here are my four favorite parts of the trip to Montréal, Canada:

1) The van trip was fun and fortunately it was very cool inside the van. The van trip was fun because there were a lot of sights and landmarks to look at through the window, such as newly-raked fields and lakes and mountains.

2) You have to be very awake when you're riding the Tour la Nuit because I almost fell asleep!! I liked it because you got to put all of the lights around you and glow sticks on your neck, arms and bicycle wheels. And we went through a quarry and it was all lit up.

3) On the Tour de L'Île (map, left) on Sunday, sometimes you would go over railroad tracks. We got to go in the quarry during the day, and I got to see how deep it was, and there were hills there, too. Towards the end it was raining pretty hard but it only felt like a light drizzle to me and I had a great time.

4) The hotel stay was fun because there was pain au chocolat, which is one of my favorites, and french fries for breakfast! There was even a whole parking area in the garage for bikes!! There was a great view of Montréal from our hotel room.

Thank you for inviting me on the trip, since kids haven't really gone on these trips before.

Sincerely – Dimitra

Dimitra is the daughter of Perry and Elise Fellman, who all did the 5BBC Montréal weekend trip, led by Wentworth Price & Steve Sakson. Dimitra is the youngest Weekend Trip tripper. Photos contributed by Wentworth.



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 using your credit card (there is a small extra charge).

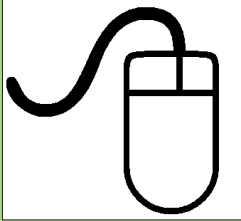
When registering by mail, you may enclose a deposit (exact amount listed with each trip) but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration. To be eligible for the discount, you must make full payment by the early discount deadline, which is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



GO ON A 5BBC WEEKEND TRIP AND HAVE FUN!



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

Do You Know This Man?



Comedy standup is not enough. Go on Phil O'Reilly's 5BBC birthday ride (with Phil Goldberg) on July 19 & 20. Go on one or better yet, BOTH. Bring gifts. Bring a lock. Bring a (clean) joke. Wear a helmet. See Day Trips section. Ride it and laugh.



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



America By Bike

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

See you on the River

Photo:Recycle-A-Bicycle / Downtown Boathouse

Quality Painting at Reasonable Rates
Indoor & Outdoor - 2 yrs apprenticeship experience. Will provide references. Call Todd Behnke 917-232-0875



Visit www.hotvelociti.com, owned by 5BBC member Jen Benepe, for unique selections of cycling clothing.

This bike was **sold** via a Bicycletter ad. Except for emails, the ad was not on any internet website (e.g. Craig's List, E Bay) If you're a 5BBC member, you can place an ad in the Bicycletter. Contact the Editor.

Edward Pino

MS, LMHC,
Psychotherapist, Individual Psychotherapy
Counseling Techniques That Work.
610 West 115th St. PH
New York, NY 10025
By Appointment:
Phone (646) 734-7114
Email edpino@mac.com

Sharon S. Behnke
Licensed Real Estate Agent

400 E. 84th Street
New York, New York 10028-5606



212-434-5267 Direct Dial
917-841-0356 Mobile
917-262-7050 Efax
sbehnke@citi-habitats.com

www.citihabitats.com
Owned and operated by NRT, Inc

5BBC Milestones



Dan Bach celebrated a birthday with his wife, Lisa, on May 13. Dan recalled doing the same Pepsi Challenge 24-hour bike race in Central Park in the 1970s, either before or after Indian philosopher Sri Chinmoy (see Bicycleletter, May June 2008 article) and famed Olympic skater turned road cyclist Eric Heiden. While Sri Chinmoy cycled 230 miles, Dan rode 150 miles, which is no easy feat: "It was crazy, no training and had only 6 or 7 candy bars to keep me going. Even slept on a bench for a few hours...I used an old Raleigh that I still own and weighs around 100 lbs...We got stamps every lap on our vest..."

The 5BBC gives condolences to leader Brian Hoberman, who Dad, Ira passed away, in May, at Port Jefferson, NY; Leadership Coordinator Ed Pino, whose Dad, Ernst, also passed away, June, in Arizona. Brian, Ed and their loved ones will find the strength to continue. Always love and respect your elderly parents as long as they live, like Brian & Ed have.



Phil Goldberg (left) and Phil O'Reilly celebrate birthdays. Phil G. is right on schedule, while Phil O. is late on their special day. Come on the Phils Birthday Rides on July 19 & 20. If you have to do **one** 5BBC ride in 2008, this is it. Bring them gifts, ride and have lunch in Queens plus learn about O'Reilly's hickey. See Day Trips section. C'mon. Phil Goldberg photo by Mary O'Neill.



Bike Repair Course

Dates: July 10, 17, 24 and 31, 2008
 Time: 6:30 to 8:30 PM
 Place: Hostelling International, 891 Amsterdam Avenue (at 103rd Street), Manhattan, in the back yard.

Do you reach for your Metrocard or MTA Bike Permit, when you get a flat? Are you contemplating getting a new bike because your saddle isn't comfortable? Do you run to the bike shop, when you notice your brakes are rubbing? Do you Fedex your wheels back to their maker, when you notice a wobble? Is your cell phone the only bike took you know how to use?

The chances are that you would benefit from a bike repair course. Met Council's Bike Committee gave such a course. The 5BBC will bring back this 4 part course to show that bike repair is still a simple task. The sessions are two hours long and limited to 10 students. This will give students ample time not only to see the demos but to touch and feel as well.

The first session will cover the basics of tools, bicycle comfort adjustments, fixing a flat tire and an in depth two minute bike check. The second session will cover brakes: cable adjustment; pad/shoe replacement; cable replacement and centering. Wheel truing will also be shown. The third session will cover the drive chain: chain cleaning and replacement; chainwheels; freewheels and freehubs. The last session will cover bearings: hubs; bottom bracket; pedals and headset.

This course is FREE for 5BBC members. Registration for this course IS required. Contact 5BBC Bike Course Coordinator Beth Katz at bikecourse@5bbc.org



NYCC's Maggie Nguyen, AKA Cross Country Mules

Interesting Bike Blogs

Cross Country Mules
www.crosscountrymules.googlepages.com/home

Bike Snob NYC
www.bikesnobnyc.blogspot.com

Bike Racer John Tomlinson
www.jt10000.com

Jen Benepes's Bike Blog
www.benepesbikeblog.blogspot.com



BEST FORTUNE COOKIE FORTUNES FOR CYCLISTS

1. You will end up in the front
2. You will be rewarded for your patience.
3. Your eyes will soon be sparkling, keep them open
4. Avoid taking unnecessary gambles.
5. Your talents will be recognized and suitably rewarded.
6. You have unusual equipment for success. Use it properly.

Compiled by Bonnie Hammer

Membership, Trips, Classes & Store

General Information (Please print)

First Name M.I. Last Name

Address Apt.

City State Zip

Email Address

Day Phone Evg. Phone

2nd member's name if dual membership (two members at same address) or if 2nd tripper on weekend trip.

First Name M.I. Last Name

Email Address

Day Phone Evg. Phone

Personal Preferences

Required for 5BBC Membership

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 Membership: 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 _____
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)..... 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) 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

Rev. 7/1/08

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

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

MANHATTAN

A Bicycle Shop
163 W 22 St. NY, NY 10011
212-691-6149 a-

www.bicycleshop.com

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

www.bfold.com

Bicycle Habitat
244 Lafayette St
NY, NY 10012 212-431-3315

bicyclehabitat.com

Bicycle Renaissance
430 Columbus Ave. (81st St)
NY, NY 10024 212-724-2350

www.bicyclerenaisance.com

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

www.championbikes.com

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

www.chelseabicycles.net

City Bicycles
315 W 38 St NY, NY 10018
212-563-3373

www.city-bicycle.com

Conrad's Bike Shop
25 Tudor City Place
NY, NY 10017 212-697-6966

Continuum Cycles
199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785

www.continuumcycles.com

Gotham Bikes
112 W Broadway
NY, NY 10013 212-732-2453

www.togabikes.com

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

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

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606

www.southshorebicycle.com

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

www.valleystreambicycle.com

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

www.visentinbike.com

WESTCHESTER

Bicycles Unlimited
141 East Main St.
Elmsford, NY 10523
914-592-7979

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

www.pelhambikes.com

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

CONNECTICUT

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

www.baybrookbicycles.com

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

www.collegestreetcycles.com

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

NEW JERSEY

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

Bicycle Workshop
175 Country Rd.
Tenafly NJ 07670 201-568-9372
www.bicycleworkshop.com

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

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



Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201

Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500

www.metrobicycles.com

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

www.nycvelo.com

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

www.sidsbikes.com

Victor's Bike Repair
4125 Broadway (174 St)
NY, NY 10032 212-740-5137

QUEENS

Arc De Triomphe Bicycles
114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
718-846-2099

Bellitte Bicycles
169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795

www.bellbikes.com

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

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

Bill's Cyclery (1)
63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906

www.ubuybikes.com

Bill's Cyclery (2)
108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Peak Mountain Bike Pro Shop
42-42 235th Street
Douglaston, NY 11363
718-225-5119

www.peakmtnbike.com

Spin City Cycle
110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850

www.spincitycycle.com

Spokesman Cycles
49-04 Vernon Blvd.
Long Island City, NY 11101
718-433-0450
www.spokesmancycles.com

LONG ISLAND

The Bicycle Planet
540 Jericho Turnpike
Syosset NY 11791 516-364-4434
www.thebicycleplanet.com

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

www.thebikeoutlet.com

Bike Discounters (2)
287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center
1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100

www.brandscycle.com

Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850

www.carlhart.com

Sayville Bike Works
75 Main St.
West Sayville, NY 11796
631-589-0009



c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403
www.5bbc.org

Address Service Requested



The 44th Montauk Century--The Tradition continues



Ms. Dimitra Fellman
in Montréal for the
Tour de L'île



Ms. Alexandra Castro,
training somewhere in
England



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

About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive cycling, through our bike rides, weekend trips and general meetings. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the *Bicycletter* and the website www.5bbc.org for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at programs@5bbc.org.

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

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

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

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

Views expressed in the *Bicycletter* do not necessarily reflect those of the 5BBC.

Deadlines for submissions to the *Bicycletter* are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the September-October 2008 issue is:

Monday 4 August 2008

Bicycletter

© 2008 Five Borough Bicycle Club.

All rights reserved.

Bicycletter July August 2008

Volume 18 • Issue 4

Editor: Alfredo Garcia

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

Contacting Us

The 5BBC has 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

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.