

BICYCLER[®]

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



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Five Borough Bicycle Club

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

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

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

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

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

About Day Trips

Day trips are free rides in and around New York City. Rides are open to responsible cyclists, both 5BBC members and non-members. No advance sign-up is required. Rides are led by trained, experienced 5BBC leaders. Unless noted, the Point-Drop-Sweep system is used, in which leaders ride at the front and rear of the group, keeping cyclists together. This system accommodates a wide range of paces within one ride. Riders generally receive a map or cue sheet of the route. Rest and lunch stops are planned. Unless otherwise stated, day trips return to the starting point at the end of the ride.

Riders are required to wear a cycling-specific helmet approved by CPSC or Snell, and are required to have a legally equipped bicycle, including working brakes, a bell or horn, and front and rear lights for night rides. Bicycle gear should include at least one water bottle, a pump, spare tube or patch kit, basic tools, and a lock. Dress for the season, including temperature variations of 15-20 degrees in either direction from the temperature at the starting time. Bring lunch or money for it, plus money for admission fees and railroad tickets as needed; an area map is also suggested. Motorized vehicles and headphones are not permitted.

At the discretion of the leaders, rides may be cancelled due to bad weather.

Participants under age 18

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

EXCEPTION: If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride. The participation of a minor in a 5BBC event must always be cleared with the leader of that event.

Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The



organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the

toughest standards for helmets, especially for bicycling.

"ANSI" refers to the American National Standards Institute. In 1984, it set standards that adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until 1995. There are no ANSI-standard helmets today.

Current helmet standards are set by the Consumer Product Safety Commission (CPSC), an independent Federal regulatory agency. CPSC certification for bike helmets replaced ASTM, March 1999.

Please wear a CPSC or Snell bicycle-specific helmet on 5BBC rides. Bike helmets are to be replaced: a) when damaged in an accident; b) after 3-5 years, when helmets lose impact effectiveness.

For more information, visit the Bicycle Helmet Safety Institute, www.bhsi.org.

COVER: "Turo Turo Crew." Taken at the Kabalen Filipino restaurant, Jersey City, NJ. Lunch stop on the Cycloviva Halo Halo ride, Sat. 16 August 2008. Photo by Katie Brady

5BBC General Meetings

Announcing: The East Coast Greenway!

Monday, Sept. 15, 2008, 6:30PM

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

PLANS FOR BIKEWAYS THRU NEW YORK, CONNECTING CONN. AND NJ, ANNOUNCED

Want to visit your parents in Hartford, Connecticut, or your sister, a senior at Princeton – by bicycle? You can do so now, perhaps by using the Current Travel Route's maps, cue sheets, and guides posted (free) on the Website of the East Coast Greenway Alliance (ECGA), at www.greenway.org.

The East Coast Greenway, which is a network of non-motorized trails, from the Maine-Canadian border to Florida, when completed, will span 3,000 miles, connecting cities & towns of the Eastern Seaboard.

The New York State segment will follow two separate routes that connect in Westchester County with Connecticut. Both routes wind through the Bronx and Manhattan, converging in downtown Manhattan and utilizing ferry or PATH service to connect to the Greenway in New Jersey.

We will hear from: Michael Oliva, ECGA Mid-Atlantic Regional Trail Coordinator, with an amazing Google Earth presentation of the proposed route; Jackson Wandres, Co-Chair, New York Committee for the ECG; & Elizabeth (Beth) Brody, Trustee, East Coast Greenway Alliance.



On the Grand Central Viaduct, car-free Summer Streets, Sat. August 16, 2008

**Open Bike Shop
Monday, October 20, 2008,
7:00 PM**

Location: NYC Velo, Inc., 64 Second Ave. (b/w 3rd & 4th Streets) New York, NY 10003. Subway: F or V to 2nd Ave., 6 to Astor Place, R or W to 8th St.

NY Velo's website is www.nycvelo.com

We'll have a Flat Fixing contest, a speaker on winterizing your bicycle and riding safely and comfortably through the winter months, and possibly a few other surprise activities.

Nominations for the 5BBC 2009 Executive Board The 5BBC Nominating Committee will also be represented at the meeting to receive nominations. All nominations must be submitted by 8:00 pm, and will be announced before the close of the meeting.

Refreshments will be served

Leila Rinehart & Ed DeFreitas
5BBC PROGRAMS



THE FIVE BOROUGH BICYCLE WELCOMES OUR NEW MEMBERS:

Diane Ackroyd, Shweta Advanti, Koren Backstrand, Bobbi Borkin, Neil Boxer, Camille Brown, Oscar Castillo, Mark Cavanagh, Steven J. Cohen, Allan Dorfman, Donald Dunston, Philip Erard, Kelly Firtell, Lacy Garrison, Heather Gold, Jim Gold, Jayne Greppin, Jean Grier, Gary Haberman, Nevada Harris, Sharon Harsa-Castillo, Michelle Hernandez-Martinez, Joseph Heyman, Jennifer Hickey, William Hilburn, Lorien House, Dana Johnson, Adrian Jones, Tobi Koffer, Robert Kohl, Christine Lattanzio, Tat Lau, Robert Leder, Brian Lillard, TJ Lin, Carolyn Luxemburg, Stephen Macho, Mary Jean MacDonald, William Maher, Emily Mahon, David Martinez, Thomas Mascari, Vicki Morrell, Kelly Nelson, Cricket Parker, Ron Parker, Perciaccante, Carol Rabolt, Anita Rao, Carlos Rivadeneira, Sabine Schumacher, Rafel Sgammato, Theresa Silvestro, Jayalakshmi Singanallur, Braulia Santos, Michael Santos, Iva Smith, Anat Stav, Daniel Stav, Lynn Stern, Tom Stufleta, Fred Thompson, Matt Unterman, Peter Waltman, Satoko Yanagi, and Sonja Zwemer



Bike Access to Trains

New York City Subway

24-hour access. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, log on to <http://advisory.mtanyct.info/customerselection.asp>. Weblink: www.mta.nyc.ny.us/nyc/safety/bike/

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

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

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

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

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

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.

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.

Penn Station

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

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.

Ring Garden

Broadway at Dyckman St., in Manhattan. Subways: A t1 to Dyckman Street.

RIDE WITH THE 5BBC!



DAY TRIPPER

A Better Way to Fall

With helmets of course, which are required, but what we really mean is that cool, crisp, scent of Autumn, perhaps tinged with the smell of burning leaves, or perhaps the awe inspiring sights of foliage dotting the landscape. Many cyclists pick the apres summer months as their favorite time of year to get out and pedal! Must be the almost season of the witch. But even with the hint of a nip in the air, don't forget those water bottles, perhaps an extra layer of clothing and of course, your helmet! 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. And.. we'll see you, not "on" the road, but on the road.

Ted Kushner & Ed Ravin
5BBC Day Trips

Monday, September 1, 2008 (Labor Day)

☺ GATEWAY GETAWAY – A GREAT KILLS EXCURSION

12:45 PM, South Ferry, 25 miles

Enjoy the views of the Narrows and lower NY Bay with a tour of historic Fort Wadsworth, Miller Field and the natural habitats of the Great Kills national park. We'll time our return bay watching on the late afternoon ferry. Bring bike like, snack and lock. Leaders: Terry Chin and others

Sunday September 7, 2008

THE GREAT SWAMP

8:30 AM, World Trade Center PATH (at "new" entrance near West Broadway and Vesey), 50 miles

If you ain't doing the TA Century today, this respite into suburbia is a keeper. Deep in the heart of Joisey lies an environmental treasure that has become a mecca for cyclists, hikers, and nature lovers. The Swamp nearly fell victim to plans for a local airport in the late 1950's but nowadays it's a National Wildlife refuge. We'll hop on the PATH train to Newark, then pedal to the Somerset County Environmental Center via a 4-county route, passing at least 10 different municipalities. Who says taxes out here are high. Bring \$4.00 for PATH fare plus lunch money. Moderate pace, with lots of hills. Leaders: Ted M. Kushner and Manny Sanudo

☺ **THE PRETTY WAY TO SCARSDALE**
10:00AM, RING Garden ("A" train to Dyckman/200th St., Manhattan), 25-30 miles

Let's follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook and waterfalls. Lunch will be in a Scarsdale park. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation or shortening: 60% chance of precipitation. After you've checked the weather channel or 1010 WINS, call Maggie 212-567-8272 after 8 am if still in doubt about weather conditions. Leader: Maggie Clarke

Saturday, September 13, 2008

A GREAT (KILLS) BIKE DAY

9:15 AM, South

Ferry, about 25 miles

The Staten Island Museum of Art has offered free admission

to anyone who arrives on a human-powered vehicle -- but only until August. But, hey, what the heck, let's all take our HPVs and ferry over to see the current show anyway, "Making Things Go: Bikes and Human-Powered Vehicles," before it closes. Afterwards,, the \$2 bucks we shelled out on admission we'll save on gas as we quick-spin it out to Great Kills Park Eco Bike Tour for an off-road 4-mile nature ride, led by SI Museum naturalist Ray Matarazzo. MTB or hybrids with wide tires are encouraged for full nature enjoyment. We plan to be back in lower Manhattan around 6. Leaders: Jesse Brown and Josh Gosciak.

☺ BOUND TO LEAVE AN IMPRESSION RIDE

11:30 AM, Grand Army Plaza, 15 miles

When Gavin hangs out on a Saturday afternoon, you might not catch him playing two-hand touch, but hanging out under a gas lamp chatting with the likes of Ben Franklin, or George Washington. As a bookbinder and letter presser in his Manhattan shop he'll have us stepping back in time as we watch him bind books and do letter pressing, all by hand. Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and David Balzer.

Sunday, September 14, 2008

MANHATTAN PERIMETER

9:00 AM, City Hall, 30 miles

Rescheduled from September 7. Where the City started is where the Perimeter series ends. It's an island, so it's easy to run the edge (sort of). There are still inaccessible shorelines. 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 Dana Hudes.



Eaton's Neck Ride.
Photo by Dalah Del Prado

☺ GET ACQUAINTED RIDE TO CONEY ISLAND

10:00 AM, Grand Army Plaza, approx 20 miles, mostly flat

Tired of sitting on the fence? Why not get on your bike and ride with the 5BBC. This is a fun ride, easy going pace. We'll make our way to Coney Island via the Shore Parkway Bike Path. Once we arrive at our destination the choice is yours:

Nathans? Tototonno's? Or grab a quick lunch

and sunbathe on the boardwalk.

Bring locks and money for lunch. Rain at start cancels. Leaders: Andrea Casertano and Jesse Brown.



Atop the Poughkeepsie Highland Railroad Bridge
Photo by Fred Schaeffer

Saturday, September 20, 2008

CROTON AQUEDUCT OFF-ROAD ADVENTURE

9:00 AM, Van Cortlandt Park (Broadway & W. 242nd St, last stop on IRT #1), 35 miles, mostly flat with several steep hills on dirt trails

Back in 1835, fifty acres of Manhattan were burned to a crisp in what is now called the Great Fire. Shocked by the loss of valuable real estate, New York politicians were

finally inspired to build a water supply system. The route of that water tunnel, the Croton Aqueduct, is now an off-road trail through the scenic parks, woods, and backyards of Westchester County that ends at a spectacular waterfall at the Croton

Dam. The dirt trail is easy riding - no previous off-road experience needed. Note: Fat-tire or hybrid bike required. Return is via Metro-North; bring MTA bike permit and \$8 fare. Bring or buy lunch. Leaders: Ed Ravin and others

Saturday, September 27, 2008

BARNEGAT CIRCUIT (Jersey Shore Series Part 3)

6:45 AM, Penn Station, 68 miles, nearly flat and scenic, at moderate to fast pace

This is a rescheduled ride from June 29.

We'll take the 7:07 NJ train out of Penn Station (the 7:25 from Newark Penn Station for those coming from downtown Manhattan.) Buy your tickets early (\$21.50 round trip fare).

We'll get to Bay Head at 9:18AM, where we'll head down the lovely and flat-as-a-pancake coastline to Seaside Heights, then inland to Toms River. We'll skirt the Pine Barrens and Barnegat Bay, following scenic

back roads that parallel the tidal waters and inlets of the bay. We'll make a final stop in Seaside, where there are amusement rides and a boardwalk. Co-listed with NYCC.

Leaders: Alfredo Garcia and Josh Gosciak

Sunday, September 28, 2008

CARMEL EXPRESS

8:30 AM, Grand Central Terminal (for 8:46 AM train); or 8:45 AM, 125th St. Station (for 8:56 train); or 10:00 am, Brewster RR station; 55 miles, mostly flat with a few steep hills.

Rescheduled from July 27, this is a nearly traffic-free quick spin pace from Carmel, NY back to Manhattan, via the Putnam Line

Meeting Places for 5BBC Rides



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

Woodlawn

Jerome Avenue and Bainbridge Avenue, Bronx. Last stop on 4 subway train. (Golf course about 100 yards north provides car parking for a modest fee.)

World Trade Center

PATH station entrance, West Broadway and Vesey St., Manhattan. Subways: A C E to Chambers St/World Trade Center, R W to Cortlandt St, 1 to Chambers or Rector St, 2 3 to Park Place, 4 5 to Fulton St.

For a comprehensive list of ride locations, visit

www.5bbc.org/meetingplaces.shtml



Brooklyn Queens Mosaic
Photo by Arabelle Taggart

Recommended Blog

by Dana Hudes, new 5BBC leader, on the web:

<http://danahudes.blogspot.com>



Vintage 1977 Bike NY, Steve Bauman. Photo by Klaus Ernst

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 warm 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.



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.



City Island ride, Independence Day. Photo by Danny Lieberman

rail-trail (aka North & South County Trailways). You'll need your MTA bike pass and \$10.25 fare. NOTE: 70% of this ride is traffic free and often in remote areas. Thus, please bring lunch, snacks, 2 tubes, plenty of water, insect repellent, and sunscreen. There will be a brief lunch/rest stop. Special Note: The ride is cancelled if there is a 40% chance of thunderstorms or a 50% of rain predicted.

Check website bulletin, club hotline or call Ken (212) 828-3732 before 7:30 AM for updates. For those who travelled to Brewster for the July 27 trip which was cancelled, please contact Club at dayrides@5bbc.org. Leaders: Ken Williams and Wentworth Price

WESTCHESTER BIKE/HIKE: BRONX RIVER PARKWAY / CRANBERRY LAKE 9:00 AM, Woodlawn (Jerome and Bainbridge Aves, Bronx, last stop on IRT #4), 40 miles, rolling terrain with a few steep hills

Enjoy scenic Westchester County roads, bike paths, and a stop at a nature preserve where we'll take a walk around a swampy lake in a quiet, forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as neighboring bike paths, the ride is 44% car free. All paths are paved and suitable for road bikes. Bring sandals or sneakers for the hike, a lightweight lock, bring or buy lunch. Leaders: Ed Ravin and others

Saturday, October 4, 2008 EAST ISLAND 9:30 AM, Cunningham Park, 50 miles

Come on a scenic fall ride to East Island in Glen Cove on Long Island's North Shore. It was J.P. Morgan Jr.'s private estate and the great Brooklyn Dodger catcher Roy Campanella also lived there. If it's warm, we'll eat lunch at Prybil Beach and return via Sea Cliff (very steep but worth it!). Great views of Long Island Sound are guaranteed.



5BBC Leader Richard Sanford. Photo by Caryn Greenberg

Moderate pace. Rolling terrain with some steep climbs. Leaders: Ira Najowitz and Ron Sexton

Saturday, October 11, 2008 TRAFFIC HATERS RIDE TO WELWYN PRESERVE, 9:00 AM, Cunningham Park, about 50 miles

An unusual ride to a beautiful 200-acre preserve on Long Island's North Shore. With tall trees, streams, beaches and nature trails, this Nassau County park is far off the beaten bike path. Bring lunch or money for it. Rain at start cancels. Leaders: Manny Sanudo and others

☺ GÜIROS Y

PUPUSAS - SPANISH LANGUAGE IMMERSION RIDE

10:00 AM, City Hall, 20 miles

Your continuing education Spanish Language Immersion Ride continues. Get ready for our one-day getaway to Ecuador, Spain, Mexico, Colombia, Uruguay, Argentina and El Salvador...all via Roosevelt Avenue. (Oops did we leave out Cuba and the Dominican Republic?) You must pledge to speak only Spanish on this ride, as there will be no time for a take home exam. (Three words or more will do and we'll help you with the rest!) By the end of this ride you'll see how salsa goes well with Latino music and with güiros just as

much as with pupusas and humitas. Bring lock and money for lunch at a Salvadorian restaurant. Rain at start cancels. Leaders: Richard Sanford



Coney Island Ride Photo by Joe Candelaria 08/09/2008

and David Balzer

Sunday, October 12, 2008 THE WE-LIKED-IT-SO-MUCH-WE'RE-DOING-IT-AGAIN RIDE

7:45 AM Penn Station (W. 31St and Eighth Ave entrance, downstairs at NJ

Transit waiting area), 30 miles, or 60 miles with a spur to Sandy Hook)

A leisurely tour of the Edgar Felix-Henry Hudson Rail Trails. Last time, it rained and we lost a tripper on the train (don't ask), and took a few wrong turns ourselves as well, then met the cyclist we lost in Freehold for lunch, and finally, to top it off, we didn't find Vince Lombardi, as promised.

This time, we're gonna get it right, and you're gonna help, naturally, being the great 5BBC cyclists you all are. How's this: 90% asphalt rail trails, a stop at a huge state park

with a railroad museum and colonial village; a hummus and falafel lunch in Freehold (free to anyone who gets lost and can track us down), and an amusement/water park/boardwalk stop in Keansburg, which'll cool everyone off especially if it's hot

(www.keansburgamusementpark.com/). Arrive early enough to purchase train tickets (\$21 rt fare) for the 8:07 to Manasquan. Return is either by train from Matawan or ferry (Sandy Hook). Parents w/teenagers or tweens welcomed! Leaders: Alfredo Garcia and Josh Gosciak.

Monday, October 13, 2008 (Columbus Day)

A BROOKLYN RESIDENTIAL TOUR 12:30 PM, Prospect Park Picnic House (2 blocks from 3rd St entrance); 25 miles

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, and others. Bring lock, snack or

money, Leaders: Terry Chin and Ed DeFreitas

Sunday, October 19, 2008 OY OY OYSTER!

9:00 AM, Cunningham Park, 50 miles They may look slimy, but they sure taste good. So do their cousin shrimps, clammies, steamers, and other nautical delicacies, plus



Harlem River Greenway. Photo contributed by Danny Lieberman

the best chowder this side of Cape Horn. Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's 25th anniversary Oyster Festival, with music, crafts, souvenirs, tall ships and

maybe a turkey leg or two. What's a better way to work up an appetite than by cycling to this North Shore enclave. Free admission, but bring pieces of eight for goodies, bike locks, that wooden pegleg, and a hearty appetite. We may re-route to alternate destination if rainy. Moderate pace with the usual Long Island hills. Leaders: Captain Ted Kushner and first mates Ed and Liz

RIDE TO THE HUDSON RIVER MUSEUM 9:00 am, Plaza Hotel, 35 miles

You've heard of "Two Fer's"? How about 3.



Something's funny going on. Isolated Ft. Tilden. Photo by Cheryl

Okey, 4. Alright, you twisted my arm, 5. A museum that changes its main exhibit (see www.hrm.org), a planetarium, a mansion full of Hudson River School, art, an ecosystem

display of the entire Hudson and a restaurant overlooking the mighty Hudson and the Palisades. Okay, maybe another museum/mansion. But, only maybe. Leaders: Ed DeFreitas and others

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 Mercadò)

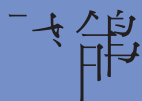
Bicycles in the Beijing Summer Olympics 2008



A creatively designed and limited-use "amphibian" bike



From xinhua.net, a novel Olympic five rings bicycle



The Flying Pigeon (*Fei Ge*) Bicycle Company, based in Tianjin, China, usually makes their sturdy and classic one speed bikes, has a road bike version. Their website is: www.flying-pigeon.cn



Classic Flying Pigeon bicycle ridden by millions of Beijing residents daily, Summer Olympics or not.

**Saturday, October 25, 2008
BEAR MOUNTAIN METRIC CENTURY:
THE SIX COUNTY RIDE**

8:00 AM, Plaza Hotel, 65 miles
After cycling up the western bank of the Hudson for 50 miles through fall foliage, challenge yourself by ascending Perkins Drive to the 1,300 foot summit of Bear Mountain. The view is worth it! Return to NYC on Metro North from the Garrison station. Bring your MTA Bike Permit and \$10.25 train fare. The terrain is hilly with some very steep climbs. Leaders: Dennis Griffin and Ira Najowitz

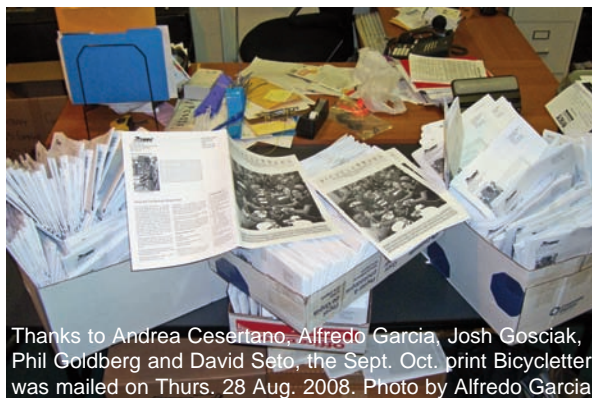
**Sunday, October 26, 2008
WAR OF THE WORLDS!**

8:30AM, Penn Station, 8th Ave at W. 31st Street; or approx 9:45AM, Gateway/Old Bridge Shopping Center, South Amboy (Garden State Parkway south Exit 123, then Route 9 south, then about 1 mile to Ernston Road exit; ahead at light for shopping center entrance).
Special Note: we will try to arrange car-pooling to and from NJ start point; if you need a ride or have space in your car, please send email to daytrips@5bbc.org

Seventy years ago, inhabitants of the Red Planet invaded Earth, causing widespread panic and mass hysteria. We'll celebrate this historic anniversary by cycling to the actual New Jersey site where the Martians landed. This rarely scheduled ride (first held in 1988) will include interactive construction of a special antenna, built to capture space-wandering radio waves in an attempt to re-create the landmark Orson Welles broadcast that shocked the nation. Includes trivia contest with prizes! Ride may return after sunset; possible dinner stop afterwards. Working front and rear bike lights required, reflective vest recommended. 55-60 miles, mostly flat.



Ira Najowitz & Dennis Griffin's Port Jefferson ride
Photo by Jim Furst



Thanks to Andrea Cesertano, Alfredo Garcia, Josh Gosciak, Phil Goldberg and David Seto, the Sept. Oct. print Bicycletter was mailed on Thurs. 28 Aug. 2008. Photo by Alfredo Garcia.

Leaders: Ted M. Kushner and the Aliens

**NEAR BROOKLYN
10:00 AM, City Hall, 25 miles**

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

**Saturday, November 1, 2008
☺ PALISADES BIKE HIKE: BOMBAY HOOK, 9:30 AM, GWB Bus Terminal (W 178th & Ft Washington Ave), 20 mile ride, 7 mile hike**

Get up close and personal with New Jersey's Palisades cliffs on this classic bike and hike. The ride takes River Road through the park to Alpine Marina. The hike (www.njpalisades.org/hikes_challenging.

htm#Bombay) brings you to some of the most impressive scenery in the area. It includes a 500 foot climb that is moderately strenuous but not technically difficult. Bring a bike lock, comfortable walking shoes, bag lunch, and water. Relaxed, easy pace for both ride and hike. Leaders: Jim Zisfein and others

**QUADRUPLE BYPASS
6:30 PM, City Hall, 25-30 miles (Note: this is a night time ride)**
East and west, back and forth, zig and zag as we head up north. The name of the game as we seesaw for no fame is to cross the East River without any tire sliver. Starting from the

Brooklyn, weaving our way uptown, towards the Fifty-Niner we'll head, fore we cycle back round. Enjoy an evening ride to prove that what goes up must come down. With dinner we'll finish the aerial exercise,

and your humble leaders are two great guys! Ted made up the time and rhyme, Ed made up the route that's a real beaut. Front and rear bike lights are required; bring dinner money and bike locks. Easy to moderate pace, and hills on the bridges. Heavy rain cancels. Leaders Ted Kushner and Ed DeFreitas

Sunday, November 2, 2008
PALISADES PARK AND SO ON!
10:00 AM, City Hall, 23 miles

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

KOSHER CYCLIST: CHINESE ORANGE
9:30 AM, Columbus Circle, 40+ miles

We're off to the Oranges via a scenic ride through northern NJ. We'll ride on suburban tree-lined streets, country roads and through several parks. Along the way we'll have some good climbing with a max elevation of 400 feet to work up a good appetite for lunch at Chopstix, a delicious kosher Chinese restaurant. On the way home we'll do one more good climb, ride some suburban streets and through a park into Harrison where we'll take the PATH back to World Trade Center and ride back to Columbus Circle. Touring/road/hybrid bike with triples and road tires is highly recommended. Pace will be 15 mph average, 17-18 on flats. Bring lock, \$\$ for lunch and PATH fare. Leaders: Dana Hudes and Ira Najowitz



Drawing design for Talking Head's David Byrne "Wall Street" bike rack. The finished design, displayed and to be used for several months, is fittingly located at Wall St., Manhattan.

It's That Time Again for... Unusual Bicycles



This Giraffe-esque two-wheeler is made by Atomic Zombie. Probably suited for cyclists looking up.



This quaint Bakfiets "nature" work tricycle, ridden by an attired government official, is made in the Netherlands. From Workcycles.com.



Nothing unusual about this Trek ATB, except it's made for the Police departments & other Law Enforcement agencies in these United States.

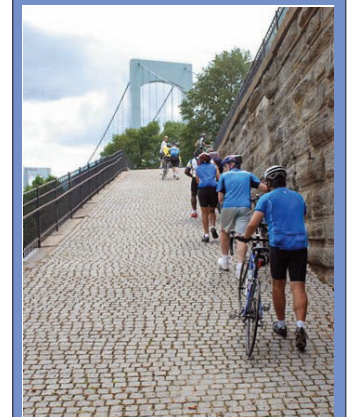
If you know about an unusual bicycle, let's us know. Email newsletter@5bbc.org.



"Retrospectiva De La Bicicleta" Cuban postage stamp, 1993.



Movie poster from the 2001 film, Beijing Bicycle, directed by Wang Xiaoshuai



Bronx Perimeter ride, Aug. 3, 2008. Photo by Sean Ainechi



Cyclist event recognition card for the New Haven Century, June 28, 2008



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

Cycling Motifs and

Outdoor men's and women's outdoor cycling events include road and mountain racing. Road races went through parts of Beijing, like the Great Wall, Tiananmen Square. The routes were considered the best ones in Olympic competition, despite pollution levels, which were curtailed for the Olympics. Gold medal winners include Kristin Armstrong of the US, below right & Germany's Sabine Spitz, 2nd right, below.



AUGUST 2008							Beijing 2008 Olympic rings
S	M	T	W	T	F	S	
						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

Left column, from top :
 "Dancing Beijing" Olympic emblem;
 the Giant Panda;
 the Great Wall; Olympic Cycling emblem;
 Peace calligraphy and month of August 2008, with Aug. 8-24 in red, days of the Beijing Olympics

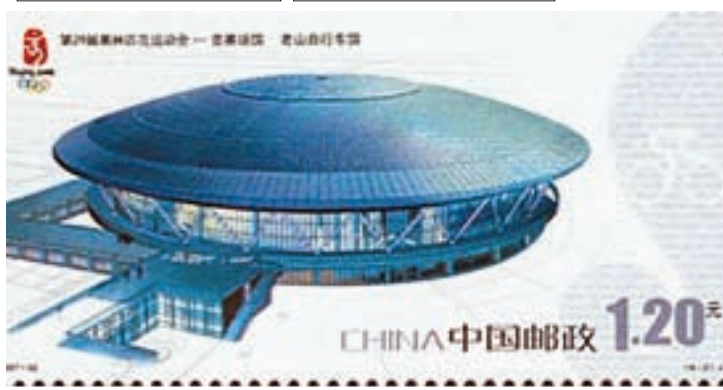


Images from the 2008 Beijing Summer Olympics

Compiled by
Alfredo Garcia



Cycling-related Olympic souvenir pins, from top, clockwise: Track cycling; Ying Ying mountain cycling; Huan Huan road cycling; USA Cycling Team; depictions of the Rickshaw and Tri-pedicab and. Most of these collector's items are sold out and have been offered on eBay.



Bike jersey with a Dragon design. The mythical creature in Chinese culture represents power & water-bearing.

自行車王國

Translated: "The Bicycle Kingdom"



Besides being referred to as the Middle Kingdom, China is also famously known as the *Bicycle Kingdom*.

The People's Republic of China has the world's largest number of people riding the *Zixingche* (Bicycle), for commuting, recreation, even commerce, despite the increasing number of cars & awful air pollution.

Lots of people ride in the big cities, often at a 5bbc-esque "Happy Face" pace.

There are many bike tours offered for foreign travelers in Beijing (esp. thru *hutong* neighborhoods), Hong Kong, Shanghai, Guangzhou, Xi'an (Terra Cotta army), etc., which is a great way to explore China.

With the popularity of the Beijing Olympics, it's likely more tourists will visit China and likely do as the Chinese do--ride a bike. So can you.

China bike touring websites:
www.bicyclekingdom.com
www.bikechina.com
www.cyclechina.com
www.bikebeijing.com



Overshadowed by the Beijing National Stadium (aka The Bird's Nest), the Laoshan Velodrome (top left, depicted on a postage stamp) is China's first indoor arena for track cycling events. Built by Chinese, Australian & European architects, the velodrome resembles a flying saucer, houses a wooden track and the ceiling looks like a spoked front wheel (left). It can seat 3,500 people plus indoor parking for 5,000 bicycles! Imagine our own Madison Square Garden or the Javits Convention Center doing that.



Various Olympic men's and women's track cycling events include Pursuit, Madison, Keirin, Sprint, Points in individual & team competition.

Info on the Laoshan Velodrome, visit:
www.velodromes.com/peking.html
<http://en.beijing2008.cn/venues/1sv/>
www.reuters.com/news/sports/2008/olympics/cycling

An Epic Journey



On July 28, 2008, at the monthly 5BBC meeting, (with special thanks to Ed DeFreitas), **Bladimir Rodriguez** (above), presented a slide show about his ambitious 5,000 mile group bike ride, with SAG car, from Central Falls, Rhode Island, in America to Medellin, Colombia, in South America. He called it Tour de Paz (Tour of Peace). The ride also raised money for the prevention of domestic abuse.

Having worked for many years at a travel agency, Bladimir was at the crossroads. He wondered if he ever do a long bike tour. He hasn't done any real cycling in many years. It was now or never.

He gathered a group consisting of: cyclists Chip Kent, from MA and Carlos Giraldo from NYC (via Cigi Bike Shop); plus the reliable & humble Reinaldo Perez who served as the SAG driver.

Although he is not a Colombian (actually from the Dominican Republic; his wife is Colombian), he set the goal of finishing in that South American country. The tour wasn't easily. There were many hilly climbs and surprises, but it was done.

Congratulations, Bladimir!

Weblink to Tour de Paz:
www.nbwclub.org/images/2005/2005-tourdepaz/2005-tourdepaz.html



Chip Kent's light moment in Medellin.

12

Tour de Paz, Sept. 24 to Nov. 25, 2005



- 1-The main group in Queens, assembled at the Cigi Bike Shop.
- 2-Complete group, resplendent against the NYC skyline, Brooklyn waterfront.
- 3-Milestone stop in Louisiana.
- 4-Louisiana: SAG driver Reinaldo Perez, with a commemorative plaque honoring his late son, Ivan, who died for his country, in Panama.

- 5-Carlos Giraldo and new friend in Mexico (city of Guadalupe).
- 6-Oaxaco, Mexico for the Festival of the Dead.

- 7-Guatemala-buying colorful bags and blankets from a vendor.
- 8-Carlos's bike being feted by young admirers.
- 9-Getting a cycling escort in El Savador.

- 10-Panama: Reaching the end of Central America, at the tour's 3,782 mile mark.
- 11.Bladimir getting interviewed by Colombian media.
- 12-All's well that end's well--our heroes at the finish, Medellin, Colombia.

Photos from the Tour de Paz website

State Bicycle Coordinators - NYS, NJ, CT, PA & NYC

Did you know that State governments in our area have bicycle coordinators that can provide cycling information and maps about their states? They can be a help if you're planning bike trips in these states. Note: New York City is not a state, but relevant.



NEW YORK

Web:
www.dot.state.ny.us/pubtrans/bphome.html
Eric L. Ophardt, P.E.
Bicycle & Pedestrian Program Manager
New York State Dept of Transportation
50 Wolf Road, POD 5-4
Albany NY 12232
518-457-8307; Fax 518-457-8358
E-mail: eophardt@dot.state.ny.us
Publishes maps of NY Bike Routes 5, 9 & 17.

James M. Ercolano, M.S.
Pedestrian Specialist
518-485-8291; Fax 518-485-7563
E-mail: jercolano@dot.state.ny.us



NEW JERSEY

Web:
www.state.nj.us/njcommuter/html/bikewalk.htm
Sheree Davis
Bicycle and Pedestrian Program Coordinator
NJ Department of Transportation
1035 Parkway Ave
Trenton NJ 08625
609-530-6551; Fax 609-530-3723
E-mail: sheree.davis@dot.state.nj.us
Note: Offers bike routes such as the Great Swamp, Pine Barrens River Ramble and the 238-mile High Point-Cape May route.



CONNECTICUT

Web: www.ct.gov/dot
David Balzer
Bicycle & Pedestrian Coordinator
Department of Transportation
2800 Berlin Turnpike
P.O. Box 317546
Newington CT 06131-7546
860-594-2141; Fax 860-594-3028
E-mail: david.balzer@po.state.ct.us
NOTE: Publishes CT Statewide bike map; Mr. Balzer is also a 5BBC Leader.



PENNSYLVANIA

Web: www.dot.state.pa.us
David Bachman
Bicycle & Pedestrian Program Manager
PennDOT Bureau of Highway Safety
& Traffic Engineering
400 North Street, 6th Floor
Harrisburg, PA 17120-0064
Mail: PO Box 2047
Harrisburg, PA 17105-2047
717-783-8444; Fax 717-783-8012
dbachman@state.pa.us
Note: Publishes PA Bicycle Driver Manual

NEW YORK CITY

Web:
www.nyc.gov/html/dot/html/bicyclists/bikemai.n.shtml
DOT Commissioner Janette Sadik-Khan
Department of Transportation
40 Worth St.
New York, NY 10013
Phone 311
Write email via website
Note: Puts out annual NYC Cycling Map; gives free bike helmets; has electronic newsletter; Manhattan Waterfront Greenway info webpage.

Congressional Bike Caucus

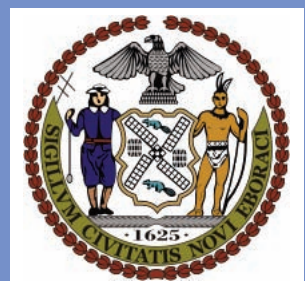


Congressman Earl Blumenauer, D-Oregon

Do you know about the Congressional Bike Caucus, in the US government? It was formed by Oregon Congressman Earl Blumenauer with other congressional members, a non-partisan caucus consisting of Democrats, Republicans and Independents, from 43 States, plus Washington, DC. This caucus is devoted to promote cycling by improving bike facilities (e.g. roads) & make people aware of cyclists. NY Congressman Jerrold Nagle, is one of our local representatives in the Bike Caucus.

Aside from being an important legislator to his state, Blumenauer created H.R. 1498, the Bike Commuter Act, offering fringe benefits to cyclists commuting to work.

The congressman has a website at:
<http://blumenauer.house.gov/index.php>



Into the Night: Scenes from



Prelude: Some cyclists went on an earlier Coney Island ride and feasted on Nathan's hot dogs and french fries. Photo by Glen Nison.



These six photos taken by John Candelaria shows the gathering of riders at the 13th St. & 9th Ave. start, in Manhattan's "Meat Packing" District.



Top: Cyclists gathering at Tunnel with this panoramic shot. Above: In the tube, yelling and screaming. Photos by Kin Lee.



Far left: Fred Dieckamp Steven Libby and 5BBC President Jesse Brown (who co-led a 4AM ride to Staten Island earlier) ponder whether to sleep or go on. Left: Bright Lights, Big Bridge: 5BBC Vice President Andrea Mercado enticed by flood lighting, Jersey side of the George Washington Bridge. Photos by John Slaski.



Not enough cuesheets. About 40 were made but over 50 people showed up. Photo by John Candelaria.

A few moments of restlessness and filling out the signup sheets, the ride is about to start. Photo by John Candelaria.

5BBC Lincoln Tunnel Ride

August 9-10, 2008



This is what the ride is about--an exhilarating rush into the Lincoln Tunnel after Midnight, crossing the midpoint, underwater. Quite breathless for a classic 5BBC ride. Photo by John Slaski.



Lincoln Tunnel: Straight to New York. Photos by John Slaski



In 1993, I was an eager tripper who first did the Lincoln Tunnel ride. The leaders were Paul Sullivan and Brad Marshall. Five years later, I continued the tradition and began to lead it as a 5BBC leader for the next ten years. I introduced various routes and nice touches (e.g. greenways, 24-hour supermarket rest stops.) Some leaders like Danny Lieberman, would treat trippers to ice cream in New Jersey. As always at the end of each ride, was the pleasure of seeing smiling faces of cyclists who finished. 5BBC Co-leaders who helped included Glen Goldstein, Mark Trainor, Ed Pino and Liz Baum, and with NYCC leader Isaac Brumer. I thank them all endlessly for doing so. This is a really fun night ride, which is rare for the club. But this may be the last year, due to unforeseen circumstances. If so, it was a pleasure and honor to lead the Lincoln Tunnel ride for the 5BBC. If not, I'll see you again, down the dark road.

Alfredo Garcia



Meeting across the river: Ed Pino & John Chiarella at the Jersey crossing of the Tunnel. Photo by Rhonda Wittorf.



Lincoln Tunnel, around 1AM, before we go in. Unlike the cars, we don't pay any tolls or need an Ezy Pass. Photo by John Slaski.



Iron Men x 4: Besides the Lincoln Tunnel ride, Jack Chen, Joe Herzfeld (2nd from right) & Richard Storey also did three other rides (Staten Island, Sandy Hook & Coney Island) of the day for a special cycling patch. Photo by John Slaski.



Awakened Raleigh Kelly and sleepy Steven Libby await breakfast. Photo by Rhonda Wittorf.



Epilogue: Bikes stowed inside the Moonstruck Diner, Manhattan, for post-ride breakfast. Photo by Rhonda Wittorf.

The Big Apple's Wonderful

Summer Streets, August 23 Recap By John Thiel



We should thank Mayor Bloomberg for having Summer Streets. In 2009, the City could have it again, maybe with more and longer hours. Please write: Mayor Michael R. Bloomberg, City Hall, New York, NY 10007. Or call 311 or 212-NEW-YORK (beyond NYC). In addition, you can him in write 300 words or less message less online at: www.nyc.gov/html/mail/html/mayor.html



Mr. T at the Summer Street 5BBC table, left. Photo by Cheryl.

I was only there two hours this morning because my wife had plans for me as it turned out, so despite being exhausted from work I got up at 7am and instead of going for my usual 30 mile course, got on my mountain bike and rode to the 5BBC table at Summer Streets.

I underestimated how enjoyable this event would be. I really wasn't going to take part in it at all, and didn't for the previous three days it was on, but wanted to fix bikes at the table. I thought, 'Ride the streets of Manhattan--big deal, I do it all the time.'

This course though, well you'd have to be fairly suicidal to ride it under normal circumstances even as an experienced urban assault rider, and it wouldn't be fun if you did.

This was the absolute best part of Manhattan in terms of the buildings and general scenery, and the event was extremely well run by both volunteers and the NYPD. I especially liked being on the upper deck over Park Avenue, the Viaduct, right under the sculpture that decorates Grand Central Terminal--and not just to ride there traffic free, but to stand there and admire it as I couldn't under normal circumstances.

It was like seeing it for the first time, and better than seeing it in a museum setting.

Anyway, I rode down to 24th Street and there was the table with the 5BBC banner. It could have used a sign about being a fix-it station--I didn't notice one anyway--but people seemed to get the idea.

I pumped up a lot of tires, but more importantly showed people how much pressure they need to have in their tires. Most people actually had less than 20psi and had thought they were fine. A few had bike shop installed tires and tubes where the valve was at an angle, so I deflated their tires, repositioned them, and re-inflated to the proper pressure.

One person came with a squeaky/creaky bike that was covered in years of house dust and grime--probably having been stored in some proximity to the kitchen. I made it stealthy with a combo of grease and lube, and though I didn't bother to clean it she was glad I heard this could be done with regular dish soap or Lysol degreaser wipes and polished with normal car wax.

I had a really interesting unusual bike. The cable had come off from the control arm of a sealed derailleur and sprocket system--all inside the hub--and it was a ten-speed. I'd never seen one of these outside Japan, and I had never seen one where it didn't shift automatically. As someone who loves the machine as well as riding bikes, this was a nifty bit of technology.

On the way back, I ran into him again, stuck in the hardest gear because the cable just wouldn't hold, and he was going to walk it up the hill to some far away bike shop. They might be able to get it together enough to reattach his cable to the derailleur.

I brought plenty of tools, grease, lube, patches, etc., but I probably should have brought more. Next year I'll make sure to bring everything I can carry and do the entire day.

BOTTOM LINE: Way more fun than I thought it would be.



At the Summer Streets 5BBC table, Jim Zisfein helps several cyclists, with Randy Horowitz and the ever lovin' Phil O'Reilly at the ready. Photo by John Thiel.

Summer Streets 2008

3 Saturdays
in August

Summer Streets
Play. Run. Walk.
Bike. Breathe.

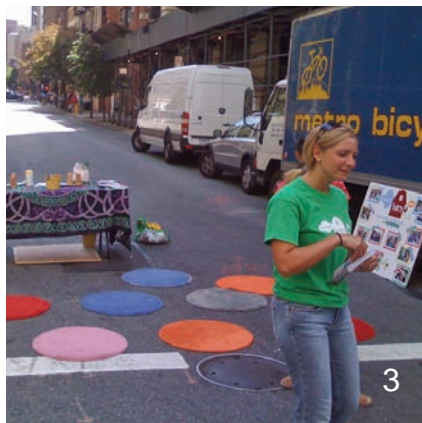
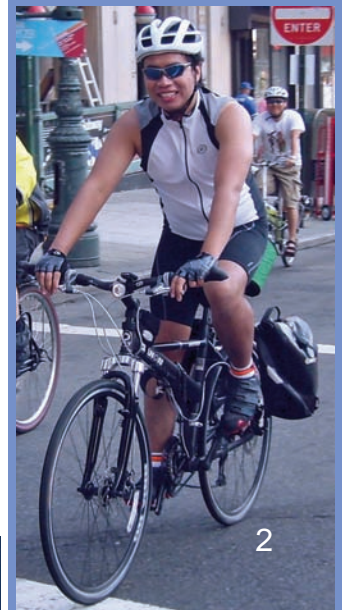
Saturdays
August 9th, 16th & 23rd
7am - 1pm

CAR FREE STREETS FROM THE BROOKLYN BRIDGE
TO CENTRAL PARK VIA LAFAYETTE STREET,
4TH AVENUE AND PARK AVENUE.

WWW.NYC.GOV/SUMMERSTREETS

DIAL 311 Government Services & Information for NYC

Free fitness activities • Musical performances • Bike rentals • Art and dance activities



On Saturdays, Aug. 9, 16 and 23, 2008, from 7AM to 1PM, the Summer Streets Program closed Manhattan's Park Ave. from 72nd St. to 14th St. and beyond for cycling & walking as well as fitness & cultural gatherings in the absence of usual busy vehicular traffic. It was a relief from the fast life and provided relaxation for fellow New Yorkers. Hope you were able to enjoy Summer Streets.



Photo Credits
1, 5-Cheryl. 2-Alfredo Garcia. 3, 4, 9,10- Brian Hoberman. 6- Stacy Walsh Rosenstock. 7, 8-Arabelle Taggart



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



Cape May

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 26 & 29 for Summary of Weekend Trips Rules

Five Borough Bicycle Club 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
Mileage: 80 miles in 2 days, some hills
Leaders: Susan Levine & Brian Hoberman

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.

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

A Letter from 19 Executive Board Members

2008 Bylaws Amendments

Executive Summary:

**Your club is governed by a set of rules that defines its basic organizational structure and fundamental operating concepts. That set of rules is called the bylaws. You can read the bylaws in this newsletter as well as online:
<http://5bbc.org/bylaws.pdf>**

Amending the bylaws requires a two-thirds vote of the club's membership. In the history of this club, the bylaws have rarely been amended. There is an amendment approved last year; the previous amendment was in 2001.

This year is extraordinary in that a total of twelve (12) bylaws amendments have been proposed. You, the club members, will vote on these amendments in the upcoming club elections in November, and your vote will be binding.

What is also extraordinary is that we - "we" being 19 of the 21 Executive Board members - are recommending that you cast your vote "no" on most of these proposed amendments. We believe that proposed amendments numbered 3 through 12 are fundamentally flawed. If those amendments were enacted, in our opinion, they would harm your club. For details of why we oppose these amendments, please read on.

For proposed amendments numbered 1 and 2, we have not adopted a group position in favor or opposed, and simply ask that you vote on their merits.

We thank you for taking the time to read this letter, and hope that you will consider these matters carefully. We also hope that you will also take the time to vote when you receive your club ballot in November.

This year you will vote on an extraordinary number of bylaws amendments. Before you do vote though, we ("we" being 19 of the executive board's 21 members) ask you to take a minute to familiarize yourself with how our bylaws are intended to fit in with the other rules and regulations that govern our club.

The Bylaws are a legal document. They are on file with the IRS and with the NYS Department of Taxation and Finance. The Bylaws are the basis of our non-profit status. They define the 5BBC's basic organizational structure and its fundamental operating concepts. The operative words here are "basic," "fundamental" and "concepts."

Standing Rules are the detailed, day-to-day rules and regulations through which the Bylaws

are implemented. It is the duty of the executive board to enact standing rules in accordance with the intent of the Bylaws.

Resolutions are similar to standing rules except that they address one-of-a-kind situations. Like standing rules, resolutions are enacted by the executive board.

We have reviewed the twelve proposed amendments in that context. Amendments #1 and #2 are succinct, their intent is obvious and their subject matter clearly qualifies as bylaws material. We can therefore recommend that you vote *Yes* or *No* on these amendments on the basis of your evaluation of their inherent merits.

Not so with amendments #3 to #12. In this case, because they are fundamentally flawed in one way or another, we must recommend that you vote *No* on all of them.

The most obvious flaws are in amendments #9 and #12, both of which undermine the checks and balances that are built into the executive board's organizational structure.

On only a slightly lesser note, amendments #3, #6 and #7 are so vaguely worded that their intent is obscured.

While the remaining five amendments do contain elements that merit consideration they are no less flawed, although in a more subtle way. These amendments dwell on details that are more appropriate as Standing Rules or Resolutions. Labeling them "Amendments" harms the club in two ways: 1) they circumvent the executive board and undermine the main reason for the board's existence, which is to manage day-to-day operations, and 2) they load down and weaken the Bylaws with minutiae.

For further comments, see our recommendations that are appended to the end of each amendment.

In the end only you, the 5BBC members, have the authority to change the 5BBC Bylaws. All we can do is offer our advice and ask that whether you vote *Yes* or *No* for any given amendment, please do so only after you've given it serious consideration.

Thank you,

*Liz Baum, Leadership Co-Coordinator
Sharon Behnke, Member at Large
Bob Castro, Co-Treasurer
John Chiarella, Recording Secretary
Fred Dieckamp, Weekend Trips Coordinator
Steve Faust, Member at Large
Alfredo Garcia, Newsletter Editor
Phil Goldberg, Co-Treasurer
Barry Hartglass, Member at Large
Beth Katz, Bicycle Course Coordinator
Ted Kushner, Day Trips Co-Coordinator
Steven Libby, Member at Large
Danny Lieberman, Special Events Coordinator
Andrea Mercado, Vice President
Ed Pino, Leadership Co-Coordinator
Ed Ravin, Day Trips Co-Coordinator*

*Leila Rinehart, Programs Co-Coordinator
Rhonda Wittorf, Corresponding Secretary
Jim Zisfein, Communications Coordinator
& Webmaster*

A Letter from 2 Executive Board Members and a 5BBC Member

The authors proposed Bylaws Amendment changes reflect upon the changing circumstances within Our Club over the past eighteen years. We (Noam Kogen, member in good standing, Ed DeFreitas three time past President, and Jesse Brown current President) determined that a general Democratization of Our Club was in order to make it's operations more inclusive, open, and transparent.

One of our changes will give you the freedom to speak at a Board meeting on any Club related subject for the normal reasonable amount of time given any speaker. The current By-Law only allows you, the dues paying member, to speak with the arbitrary permission of the Board. That is not democracy. It is perhaps, oligarchy.

We understand the reticence of our fellow Board members. What is the familiar way to do the Club's business, is the comfortable way. While change in itself is sometimes scary, the need for this revamping of the By-Laws is necessary. We've changed a lot since 1991. Unfortunately, we had to deal with dishonesty and theft. But, that was our wake up call. Our little club handles a quarter of a million dollar budget. We stress that nobody handling the Clubs affairs were involved in the past problems. We hired a CPA to audit our books. He came up with recommendations to secure our assets and insure our future. We've incorporated them in our proposed By-Law changes/additions. We stress that these proposed amendments were vetted through a lawyer and a CPA. Indeed, of the three authors, one Noam Kogen is a practicing accountant and a second, Ed DeFreitas is a graduate from Baruch College, non-practicing accountant. On the other hand, none of the signatories of the above letter are lawyers or accountants, let alone have vetted their comments through a lawyer, accountant or CPA.

Indeed, some of their comments don't find a problem with some of the needed changes. They just want them in the more changeable Standing Rules. We feel that they are so important to the Clubs future that we prefer them as a more permanent By-Law. If we thought that impermanent was good enough, we could have chosen the much easier Standing Rules route through the Board. But no, we chose to ask you, the members, to approve our work.

*Jesse Brown, President
Edward DeFreitas, Programs Co-Coordinator
Noam Kogen, 5BBC Member*

PROPOSED 5BBC BYLAWS AMENDMENTS

General Information

* The current Bylaws and Standing Rules are printed in their entirety elsewhere in this newsletter for your reference.

* Amendments #1 and #2 are sponsored by Ed Ravin and Ted Kushner.

* Amendments #3 to #12 are sponsored by Jesse Brown, Ed DeFreitas and Noam Kogen.

Amendment #1

Article VI. Election of Executive Board
Add the underlined sentences to paragraphs A and B as indicated below:

A. A nominating committee to seek board member candidates for the following year shall be appointed by the President. A report of the nominating committee with its list of candidates will be presented at the October membership meeting, and additional candidates may be placed in nomination from the floor at that time. A candidate may not be nominated for more than one Board position.

B. The election will be held by mail ballot mailed to members at least two weeks prior to the November membership meeting. Ballots will also be accepted from members attending the November meeting. Results will be announced before the end of the November membership meeting. The board members so elected shall serve for the next fiscal year, taking office on December 1. A Board member may not serve in more than one Board position.

Statement by Authors of Proposed Amendment:

In last year's Club election, five candidates ran for two different Board seats, guaranteeing themselves a Board position regardless of the voting results. This is raw politics at its worst, and has no place in the Club.

Amendment #1 says candidates can only run for one seat at a time. If you feel strongly about serving the Club, you should be willing to risk losing an election. Amendment #1 also keeps a person from holding two Board positions, which someone tried to do last year.

Recommendation of 19 Board Members:

Vote Yes or No on the basis of your evaluation of its merits.

Amendment #2

Article V. Executive Board

Add the underlined sentences to paragraph F:

F. Responsibility for any elected office may be shared by two persons, both duly elected. The two persons shall be counted as one board member for all Executive Board business, including votes and quorums. Regardless of whether one or both persons are present at a meeting, they shall cast only one

indivisible vote, and they shall count only once towards a quorum.

Statement by Authors of Proposed Amendment:

Amendment #2 clarifies how voting on the Board works when two people share a Board seat. At Board meetings we currently allow both members of a shared position to vote, giving shared coordinators more power than solo coordinators. This is unfair and encourages people who like political games to run as shared coordinators just to increase their voting strength. If Amendment #2 passes, every Board job will have equal voting power.

Recommendation of 19 Board Members:
Vote Yes or No on the basis of your evaluation of its merits.

Amendment #3

Article V. Executive Board

Delete the following paragraph:

A. The business of the Club shall be governed by an Executive Board, elected by the membership as follows: President, Vice President, Recording Secretary, Corresponding Secretary, Treasurer, Day Trips Coordinator, Weekend Trips Coordinator, Special Events Coordinator, Newsletter Editor, Leadership Coordinator, Bicycle Course Coordinator, Program Coordinator and Communications Coordinator.

And replace it with the following:

A. With full and clear recognition of their fiduciary responsibilities to its members, the business of the Club shall be governed by an Executive Board, elected by the membership as follows: President, Vice President, Recording Secretary, Corresponding Secretary, Treasurer, Day Trips Coordinator, Weekend Trips Coordinator, Special Events Coordinator, Newsletter Editor, Leadership Coordinator, Bicycle Course Coordinator, Program Coordinator and Communications Coordinator. Further, the Club requires all officers (the President, Vice President, Recording Secretary, Corresponding Secretary, and Treasurer) and any member who handles important amounts of Club funds (either as an individual transaction or in the aggregate) to be at least bondable if not actually Bonded.

It is the responsibility of all Board members to maintain and update the documentation attached to their functions so that their successors will have continuity and to foster the general success of the Club. Said members are encouraged to mentor assistants for succession to their position.

Statement by Authors of Proposed Amendment:

Vote Yes. The amendment was recommended by the Certified Public Accountant who audited the Clubs books after we experienced a theft by the then treasurer in 2006. It is designed to protect a club with a quarter of a million dollar budget. It only requires the officers because the current By-Laws allow them signatory power and any other person who handles significant amount of our funds either as an individual transaction or in the aggregate.

Recommendation of 19 Board Members:
Vote No. A bond is a form of insurance, not a guarantee of character. Even if this amendment were in effect at the time that the "then treasurer in 2006" referred to by the authors of this amendment took office, he would have been bondable.

Besides, the amendment's intent is simply vague. See the sentence "Further, the Club requires all officers.....to be at least Bondable if not actually Bonded". Under what conditions do we bond officers and under what conditions do we settle for bondable? Do we want the officers to be bondable as a group (President, VP, etc.) or do we want each officer to be individually bondable by name (Joe Smith, Bill Brown, etc.)? If individual bonding is required, who pays for it?

The second paragraph of the amendment only adds to the overall vagueness by addressing a completely unrelated matter in detail more suitable to a Standing Rule, if at all.

Amendment #4

Article V. Executive Board

Delete the following sub-paragraph:

B.3. Recording Secretary: Takes minutes of membership and Executive Board meetings. Sends a summary of highlights of all meetings to the Newsletter Editor.

And replace it with the following:

B.3. Recording Secretary: Takes minutes of Membership and Executive Board meetings. Minutes must be distributed timely to all members. In order to facilitate this, the Recording Secretary must have them prepared and distributed within three days to the Executive Board Members for corrections and comments. The Board members have to react promptly (within a week) or it is presumed by their silence that they approve them. Within two weeks total, the Recording Secretary shall distribute them to the membership by all means necessary. Additionally, The Recording Secretary shall send a summary of all meetings to the Newsletter Editor, Communications Coordinator and anyone else whose responsibilities include Club information distribution, in the next publication.

All committees are to keep minutes and transmit them to the Recording Secretary who will see to their distribution and archiving. Archiving means a copy at a location that is secure from fire, etc. and can be accessed by succeeding generations of Club members. As well, it will provide a documented line of custody for any potential legal requirements. For this purpose, a safe deposit draw at a bank or equivalent will be maintained by the Club. A line of custody shall be maintained by the Recording Secretary at all times.

Statement by Authors of Proposed Amendment:

Vote Yes. Again, this was recommended by the CPA because the current body of the law in the general society, and especially in the IRS require the Club to prove custody of our records in the event of a law suite, IRS audit, etc. Therefore this must be a permanent, not potentially

transitory as is the Standing Rules which can be changed by a simple majority of Board member present at a meeting. That could be as little as five members. Please note that there is no criticism of the proposed amendment, only where it belongs. We feel that the By-Laws make it more secure.

Recommendation of 19 Board Members:

Vote No. Details like this should be treated as a Standing Rule. To treat this as a Bylaws amendment undermines the fundamental reason for the executive board's existence and at the same time cheapens the Bylaws.

Amendment #5

Article V. Executive Board

Delete the following sub-paragraph:

B.5. Treasurer: is responsible for Club finances. Prepares and oversees the budget for the Club. Collects dues. Prepares reports of receipts and expenditures and an annual statement. Communicates relevant information to the Executive Board.

And replace it with the following:

B. 5. Treasurer: is responsible for Club finances, banking and required government reporting and full cooperation with the Audit Committee. (For the government reporting needs, the Club may allow for the hiring of an accountant.) Prepares and oversees the budget for the Club. Collects dues. Prepares reports of receipts and expenditures and an annual statement. Communicates relevant information to the Executive Board. The Club may have a need to hire someone as a contractor to do tasks from time to time. The Treasurer shall adopt and maintain a well defined procedure that is fair, efficient and legal. As well, when these needs arise, the Treasurer will consult with the relevant Coordinator as to the needs. All transactions, monetary and non-monetary shall be accounted for by the Treasurer. For this purpose, non-monetary transaction shall be given a fair market value. A copy of all financial records shall be stored in a place secure from fire, theft, flood and other reasonable means of destruction. For this purpose, a safe deposit draw at a bank or equivalent will be maintained by the Club. A line of custody shall be maintained by the Treasurer at all times.

Statement by Authors of Proposed Amendment:

Vote Yes. Again, this was recommended by the CPA. These details are necessary. The current treasurer had taken on these functions because he believed that it is an integral part of the financial functions. Please note that there is no criticism of the proposed amendment, only where it belongs. We feel that the By-Laws make it more secure.

Recommendation of 19 Board Members:

Vote No. Details like this should be treated as a Standing Rule. To treat this as a Bylaws amendment undermines the fundamental reason for the executive board's existence and at the same time cheapens the Bylaws.

Amendment #6

Article V. Executive Board

Add the following sub-paragraph:

B.14. Parliamentarian: With demonstrated working knowledge of Robert's Rules of Order and the required ability to remove themselves from sides of a discussion, shall act as final arbiter as to whether there is a law, charter provision or By-Laws rule/regulation covering an emergent situation or, failing such, an appropriate section in Robert's Rules of order. In their sole discretion, failing to find an appropriate citing, they may have the discussion tabled to the next meeting where the decision must be rendered. To wit, independent of the Parliamentarians attendance, an up to date copy of the Clubs By-Laws, Standing Rules and Robert's Rules of Order must be available to all attendees.

If a word/phrase in the By-Laws and/or Standing Rules is considered to be too vague, undefined or ambiguous, the parliamentarian shall search the general body of the law, seek the assistance, Pro Bono, of lawyers to resolve the issue. The Club may not act on the questioned area until it is resolved for fear of running counter to the general body of the laws of our society.

Statement by Authors of Proposed Amendment:

Vote Yes. There has been, from time to time, a parliamentarian appointed by the president and supported by Robert's Rules of Order. This amendment simply seeks to codify this needed function. As by the tradition and Robert's Rules, this position has been an appointed one.

Recommendation of 19 Board Members:

Vote No. The proposal's intent is vague. Is the parliamentarian an elected or appointed board member? If the former, the position must be added to paragraph V.B of the Bylaws If the latter, who decides if the appointee's qualifications are satisfactory?

While the concept of parliamentarian is a valid Bylaws topic, the details that define his/her duties belong in the Standing Rules.

Amendment #7

Article V. Executive Board

Add the following paragraph:

H. No requests for payments shall be paid without the IRS standard proof of expenditure. If we are to have a petty cash exception, it must be clearly delineated as to amount and purpose. Such delineation shall be expressed in a 5BBC Request for Payment (RFP) form.

Statement by Authors of Proposed Amendment:

Vote Yes. Cash policies are not to be subject to the vagaries of a potential five Board member vote. This is the way we spend the aforementioned quarter of a million dollars. Again, this came straight from the CPA.

Recommendation of 19 Board Members:

Vote No. This topic is already covered in Article VIII of the Standing Rules. Any changes to cash policies should be made to that article. Also, since the club is subject to all applicable laws and regulations, citing IRS standards is simply redundant. Finally, to treat details like this as a Bylaws amendment undermines the fundamen-

tal reason for the executive board's existence and at the same time cheapens the Bylaws.

Amendment #8

Article V. Executive Board

Add the following paragraph:

I. If someone, member or non-member, misappropriate funds and/or other assets, The Board, in its fiduciary capacity, must ask the authorities to prosecute them.

Statement by Authors of Proposed Amendment:

Vote Yes. Please note that the proposed amendment only requires the Board to ask the authorities to prosecute them. If a crime of theft of your funds has occurred, it is the fiduciary responsibility of the Board to report it to the authorities. If the authorities find no basis in law to take action, it ends there. When this has happened in the past, the Board made no concrete action to recover the stolen funds and almost nobody outside the Board was aware of the theft. It sent the wrong message. This will tell everyone that the Clubs assets are not for the taking.

Recommendation of 19 Board Members:

Vote No. This amendment addresses an extraordinary situation that is best addressed as a board resolution when both the relevant details and applicable laws are known.

Amendment #9

Article VII. Executive Board Meetings

Delete the following paragraph:

D. Any Club member may attend a meeting of the Board, after advising the President or Vice-President of his/her intention to attend. This member may speak on an issue with the consent of the majority of the Board present.

And replace it with the following:

D. Any Club member may attend a meeting of the Board after advising the President or Vice-President of his/her intention to attend. This member may speak on any issue regarding Club business. It is the duty of the Executive Board to timely inform all Club members of the Board's meeting Schedule and changes as they occur and to make sure that any member has a reasonable amount of time to state their position. The member's right to speak to the Board is superior to all but, the most pressing Board business.

Statement by Authors of Proposed Amendment:

Vote Yes. As the By-Laws are now, no member can address the Board without the Boards permission. That permission can be withdrawn at any time. The proposed amendment gives all members the right to address Board without permission. There is no way that a member can take advantage of this right. In any orderly meeting, people speak their mind in a short period. Nobody can hog the podium. No anarchy will come of your right to redress.

Recommendation of 19 Board Members:
Vote No. This amendment will transfer control of executive board meetings from the board's members to anyone willing to pay the 5BBC membership fee. It is an invitation to anarchy.

Amendment #10

Article VIII. Budget and Finance

Delete the following paragraph:

C. Club funds shall be disbursed only with the signature of an officer according to cash policies established by the Executive Board.

And replace it with the following:

C. Club funds shall be disbursed only by Club checks with the signature of the Treasurer, except for all amounts over \$2,999, in which case both the Treasurer's and President's signature is required. There may be no multiple checks for the same transaction. All transactions shall be in accordance with the cash policies established by the Executive Board. Disbursements shall always be tied to a budget line.

Statement by Authors of Proposed Amendment:

Vote Yes. Again, cash policies are not to be subject to the vagaries of a potential five Board member vote. This is the way we spend the afore mentioned quarter of a million dollars. Again, this came straight from the CPA.

Recommendation of 19 Board Members:

Vote No. This topic is covered in Article VIII of the Standing Rules. Any proposed change to cash policies should be made to that article. Further, to treat details like this as a Bylaws amendment undermines the fundamental reason for the executive board's existence and at the same time cheapens the Bylaws.

Amendment #11

Article IX. Standing Committees

Delete the following sub-paragraph:

A.1. Nominating Committee: Prepares a slate of candidates for the Executive Board, according to procedures outlined in these bylaws.

And replace it with the following:

A.1. Nominating Committee: Prepares a slate of candidates for the Executive Board, according to procedures outlined in these bylaws. The committee must be populated with at least three members in good standing for at least one year, not running for office, nor would accept a write-in position.

Among its duties, the Committee shall include obtaining a statement of the following from all candidates for elected office. They must assume that they can and will carry out the function of the position they seek. Additionally, if there is anything in their background that a reasonable individual may consider an impairment to their functioning in the position, said impairment must be disclosed. If, after assuming the Club position, the member is found in violation of the afore stated, they are to resign and not fulfill any

Board and/or Committee function for the balance of the term or, if less than half the term remains, the balance of the current term and the entire following term. In as much as no member is to hold more than one office at a time, if elected to two positions, they may resign one without prejudice.

Statement by Authors of Proposed Amendment:

Vote Yes. The way it is now, for the last number of years, the Nominating Committee consisted of one person who found people to run for positions. That person ran unopposed for her position. While there is no belief of impropriety on her part, it is not acceptable to have this glaring conflict of interest. So, we propose to make it a real committee that can't have a conflict of interest. It's not vague. It's clear. The rest of the proposed amendment goes on to assure that people are serious about the job they are running for. In the past, we've had people run for and win an office, then quit. This caused waste of time and effort the Board.

Recommendation of 19 Board Members:

Vote No. The intent of the amendment is vague. What kind of "impairment" do the amendment's sponsors have in mind? As worded, this amendment could violate the Americans with Disabilities Act.

Amendment #12

Article IX. Standing Committees

Delete the following sub-paragraph:

A. 3. Audit Committee: Examines Club accounts and reviews the Club's financial records, reporting its conclusions to the President.

And replace it with the following:

A.3. Audit Committee: Maintain an Audit Committee as an ongoing, active committee which shall examine Club accounts and review the Club's financial records. It should be comprised of non-Board (or at least non-voting Board members) Club members. They must not have any dealings with the maintenance of financial transactions (as example, the treasurer). They must, at regular intervals (preferably quarterly), make a report to the Executive Board and the general membership. The Committee may retain an outside accountant if, in its opinion, it deems it necessary.

Statement by Authors of Proposed Amendment:

Vote Yes. We need an audit committee to independently examine the finances of the Club. There is no stripping of any checks and balances. Indeed, the audit committee becomes the town crier by reporting to both Board and the members on a regular basis. If they don't think that an ongoing audit committee is necessary, they how did the recent one uncover the facts that the president had no signing power even though he supposed and other items that showed that the treasurer wasn't following the rules laid out by Club laws. Without an audit committee, we don't checks and balances.

One final note, why does the By-Laws Committee find nothing they can approve in what we

wrote and never told the Board or other members how to propose amendments and when the deadline was? How many other ideas were not proposed because ordinary members didn't know the procedure? They said "The duties of the Bylaws committee are advisory. We have tried to assist sponsors of proposed changes". We got no such offer, just criticism after the fact.

Recommendation of 19 Board Members:

Vote No. This proposal strips the executive board of its checks and balances and gives the president unilateral control of financial oversight.

To infer that other board members have the same degree of control as the treasurer over financial transactions is spurious. To infer at the same time that the president has no control over financial transactions is blatantly so.

Not incidentally, paragraph IX.B of the Bylaws already gives the president the right to appoint committee chairpersons.

Online version available at www.5bbc.org/elections

Bylaws of the Five Borough Bicycle Club

I. Name and Location

A. The name of this organization shall be the Five Borough Bicycle Club (the Club), headquartered in New York City.

II. Purpose

A. The purpose of the Club shall be to promote the general interests of bicycling. By means of bicycling trips and related cycling activities, the Club intends to help promote a greater understanding of the world and its people through out-of-door, educational and recreational travel.

B. The Club's primary goals are to provide group experiences that develop teamwork and co-operation; to develop good leadership skills through leadership training programs; and to provide an educational opportunity for cyclists to become competent and self-reliant.

C. The Club is organized in the state of New York exclusively for charitable, educational and recreational purposes.

III. Membership and Leadership

A. Anyone who rides a bicycle or has an interest in bicycling is eligible to join the Club and become a member. The Club consists of members who pay annual dues at a rate determined by the Executive Board. Members receive subscriptions to the Club newsletter, and may attend all membership meetings and other membership functions and may belong to committees of the Club. Membership in the Club shall not be denied to any person for reasons of race, creed, national origin, gender, sexual orientation, physical ability or religion.

B. The categories of membership are as follows:

1. "Members" are people who have paid the Club dues. Members have voting privileges, and may run for and hold office and instruct bicycle courses, but may not lead trips.
2. "Leaders" are members 18 years of age or older who have been designated as leaders by having passed the Leadership Training Course offered by the Club or, prior to 1991, the Leadership Training Course offered by the Bicycle Committee of the AYH (MNYC-AYH). Leaders may lead day or weekend trips.
3. "Co-Leaders" are members 18 years of older who have been designated as co-leaders by having passed the Leadership Training Course offered by the Club or, prior to 1991, the Leadership Training Course offered by the Bicycle Committee of MNYC-AYH. Co-leaders may lead only when coleading with a designated leader. Co-leaders may not lead weekend trips.

IV. Dues and Membership Year

- A. The Club membership year shall be the calendar year, January 1 through December 31.
- B. The annual Club dues are to be determined by the Executive Board based on operating ex-

penses. Any changes must be approved by a majority of the membership voting. Any proposed dues increase must be announced in the newsletter prior to the vote. Dues received from new members after October 1 of any year shall cover the period through the next calendar year. Any monies left in the Club treasury, from dues or other revenue, in case of the dissolution of the Club will be donated to a charity by vote of the Executive Board.

V. Executive Board

A. The business of the Club shall be governed by an Executive Board, elected by the membership as follows: President, Vice President, Recording Secretary, Corresponding Secretary, Treasurer, Day Trips Coordinator, Weekend Trips Coordinator, Special Events Coordinator, Newsletter Editor, Leadership Coordinator, Bicycle Course Coordinator, Program Coordinator and Communications Coordinator.

B. The duties of the Executive Board shall include the following:

1. President: Presides at all meetings, appoints committees, acts as chairperson of board meetings; in general, is responsible for and to the Club in all matters.
2. Vice President: Assumes the President's office and powers in the absence of the President. May head specific phases of Club activity to lessen the President's work.
3. Recording Secretary: Takes minutes of membership and Executive Board meetings. Sends a summary of highlights of all meeting to the Newsletter Editor.
4. Corresponding Secretary: Handles all correspondence for general Club matters; distributes minutes of Executive Board meetings and Club meetings. Is responsible for maintaining a membership list and distributing that list to the membership a least once a year.
5. Treasurer: is responsible for Club finances. Prepares and oversees the budget for the Club. Collects dues. Prepares reports of receipts and expenditures and an annual statement. Communicates relevant information to the Executive Board.
6. Day Trips Coordinator: Coordinates the schedule of day trips; submits the trips to the Newsletter Editor for publication.
7. Weekend Trips Coordinator: Plans, schedules, budgets and implements weekend trips; submits the trips to the Newsletter Editor for publication.
8. Newsletter Editor: is responsible for publishing and distributing the newsletter, including the schedules for day and weekend trips, repairs courses and membership meetings.
9. Leadership Coordinator: Organizes the lead-

ership training course, helps new leaders in getting started to lead rides; maintains a list of current leaders.

10. Special Events Coordinator: Plans and implements bicycling and related beyond the scope of the Weekend and Trips Coordinators.

11. Bicycle Course Coordinator: repair courses and seminars and submits the schedule to the Newsletter Editor for publication; approves and trains instructors for the courses.

12. Programs Coordinator: Coordinates programs of entertainment and education for the membership at the membership meetings.

13. Communications Coordinator: and promotes Club activities to NYC media, other clubs and to the public at large.

C. The officers of the Club are the President, Vice President, Recording Secretary, Corresponding Secretary, and Treasurer. The order of succession for presiding over meetings shall be: (1) President, (2) Vice President, (3) Recording Secretary, (4) Corresponding Secretary, and (5) Treasurer.

D. In the event of a vacancy in the office of President, the Vice President shall become President. In the event of any other vacancy, the Executive Board shall appoint a member to fill the vacant position until the earliest possible date at which a special election of the general membership can be held.

E. The Executive Board may add to its number by electing to the Board non-voting members at large.

F. Responsibility for any elected office may be shared by two person, both duly elected.

G. Club officers and the Day Trips, Weekend Trips, and Leadership Training Coordinators must be leaders.

VI. Election of Executive Board

A. A nominating committee to seek board member candidates for the following year shall be appointed by the President. A report of the nominating committee with its list of candidates will be presented at the October membership meeting, and additional candidates may be placed in nomination from the floor at that time.

B. The election will be held by mail ballot mailed to members at least two weeks prior to the November membership meeting. Ballots will also be accepted from members attending the November meeting. Results will be announced before the end of the November membership meeting. The board members so elected shall serve for the next fiscal year, taking office on

December 1.

C. No person may take office as President unless he or she has been a Club member for at least two years or has been a member of the Executive Board for at least six months. The President may serve no more than three (3) consecutive terms.

VII. Executive Board Meetings

A. Executive Board meeting will be held at the call of the President not less than six times per year. Board meeting will also be held upon petition by at least three (3) members of the Board or upon petition by at least ten (10) Club members.

B. For the purpose of conducting business, a quorum shall be a simple majority of the current board members with the exception of members at large. There shall be no proxy voting.

C. It shall be the purpose of the Board to implement policy of the Club and to make recommendations to the membership about policy.

D. Any Club member may attend a meeting of the Board, after advising the President or Vice-President of his/her intention to attend. This member may speak on an issue with the consent of the majority of the Board present.

E. Removal from office: For gross incompetence, misappropriation of Club funds, consistent failure to perform the duties of office, illegal acts, or violation of Club policy pertinent to his/her position, a board member may be removed by a two-thirds vote an Executive Board meeting following an announcement of such a vote in the Executive Board minutes of the prior month.

F. Co-leaders may become leaders by approval of the Executive Board.

G. Membership in the Club may be revoked for cause by the Executive Board by a two-thirds vote at a board meeting. The member shall be notified of such a vote by mail at least 3 weeks prior to the meeting, and may attend and speak at the meeting.

H. Leadership privileges in the Club may be revoked for gross incompetence, illegal acts, or violation of Club policy pertinent to leading rides. Leadership privileges may be revoked by a two-thirds vote at an Executive Board meeting. The leader or co-leader shall be notified of such a vote by mail at least 3 weeks prior to the meeting, and may attend and speak at the meeting.

VIII. Budget and Finance

A. The Club fiscal year shall be from December 1 through November 30 of the following calendar year.

B. Club funds shall be kept separately from all other monies and deposited in a bank account at

the direction of the Executive Board.

C. Club funds shall be disbursed only with the signature of an officer according to cash policies established by the Executive Board.

D. The Treasurer will present a full statement of Club accounts at a membership meeting within 60 days of the close of the fiscal year.

E. The Treasurer will present a statement of Club accounts to the Executive Board at least quarterly.

IX. Standing Committees

A. The Club shall have standing committees, as follows: Nominating, Budget and Finance, and Audit.

1. Nominating Committee: Prepares a slate of candidates for the Executive Board, according to procedures outlined in these bylaws.

2. Budget and Finance Committee: Recommends a budget which the Treasurer will present to the Executive Board; plans future finances of the Club.

3. Audit Committee: Examines Club accounts and reviews the Club's financial records, reporting its conclusions to the President.

B. The chairpersons of these committees shall be appointed by the President.

X. Membership Meetings

A. Membership meetings will be held at least six times per year and at other times as called by the President.

B. Any issues that the Board determines requires a vote of the general membership shall be presented to the membership by mail ballot.

XI. Conduct of Meetings

A. To the extent not covered in these bylaws, membership and board meetings shall be conducted according to Robert's Rules of Order Revised.

XII. Amendments

A. Amendments to these bylaws may be proposed by mail or in person at any membership meeting by two members acting jointly.

B. Any amendments that were duly proposed on or before the date of the August board meeting will be announced in the newsletter announcing the September meeting. That newsletter will solicit comments pro and con for inclusion in the next newsletter.

C. The proposed amendments shall be presented for discussion at the September membership meeting.

D. All duly proposed amendments shall be submitted to a membership vote by mail ballot, concurrently with the election of Executive

Board members, as designated in Article VI (B). No proxy voting shall be permitted.

E. Amendments shall be adopted if approved by at least 2/3 of the members voting.

F. Amendments may be proposed and voted on at additional times if the Executive Board deems this necessary.

5BBC Bylaws, revised, 11/19/2001

*Online version available at
<http://www.5bbc.org/elections>*

Standing Rules of the Five Borough Bicycle Club

I. Leadership

A. In order to become a leader, a co-leader must lead at least two day trips, at least one of which is initiated by the co-leader.

B. In order to lead a weekend trip, a leader must previously have led two day trips (as a leader, not as a co-leader), and be designated a weekend trip leader by the Weekend Trip Coordinator.

C. Notice must be given to all leaders when another leader's leadership privileges are revoked, or when a member's membership has been revoked.

D. A roster of all leaders and co-leaders will be sent to all leaders and co-leaders at least twice a year.

E. The leadership training course shall follow a written curriculum to be prepared by the leadership coordinator and approved by the Executive Board.

II. Club Rides and Events

A. To constitute a Club ride, a trip must be presented to and accepted by the Day or Weekend Trip Coordinator, and published by the Club.

B. To constitute a Club event, the event must be presented to and accepted by the Executive Board. The event's proposed budget must also be submitted to and approved by the Executive Board.

C. In order to drive a van for a Club-sponsored event or trip, members must be van-certified, according to procedures established by the Executive Board.

III. Weekend Trips

A. Weekend trip leaders will be assigned by the Weekend Trip coordinators.

IV. Ride Leader Award Programs

A. The program has three tiers of awards:

1. Tier 1 – Ride leaders who lead three or more day trips in one fiscal year (December 1 to November 30) are awarded a paid membership in the 5BBC for the following year.

2. Tier 2 – Leaders who lead seven or more day trips in one fiscal year will be awarded a paid membership for the following year, plus a 5BBC award certificate worth \$75.

3. Tier 3 – Leaders who lead eleven or more day trips in one fiscal year will be awarded a paid membership for the following year, plus a 5BBC award certificate worth \$135.

B. Award certificates will be issued within the

first month of the following fiscal year. Award recipients must redeem their awards before the end of that year.

C. Program Rules

1. For award purposes, ride leadership is defined as a substantive contribution to managing the ride. Such contributions include riding point or sweep, providing on-going announcements regarding the ride's agenda, safety issues or tour highlights, or providing significant mechanical or medical assistance. Going to a meeting place to cancel a ride does not qualify.

2. Weekend trip leaders receive credit for one day trip for each weekend trip they lead.

D. Award certificated may be redeemed:

1. As 5BBC merchandise or services, such as jerseys, patches, or as payment towards weekend trips.

2. As reimbursement for purchases in 5BBC affiliated bike shops. Requests for such reimbursements must be accompanied by sales receipts.

3. As a combination of the above two methods.

V. Bicycle Courses

A. All bike repair courses shall follow a written curriculum to be prepared by the Bicycle Course Coordinator and approved by the Executive Board.

B. New instructors will be given an orientation, the content of which will be approved by the Executive Board and administered by the Bicycle Course Coordinator.

C. All instructors are to attend a yearly meeting to review the course curriculum.

VI. Membership

A. All memberships expire at the end of the calendar year. There is a "grace period" of two issues of the newsletter. That is, members who fail to renew will still receive the first two newsletters of the next year, before their subscription expires.

B. All membership meetings shall be announced to the membership in advance.

VII. Budget and Finance

A. The following accounts shall be supported by membership dues and merchandise sales:

1. Administration
2. Bike Courses
3. Day Trips
4. Leadership Training
5. Membership
6. Newsletter

7. Programs

B. All other accounts, including the following, shall be self-supporting:

1. Special events
2. Weekend Trips

C. The budget for the fiscal year shall be drawn up by July of the previous year, in order to accommodate a budget cycle in accordance with the by-laws:

1. The budget and proposed dues shall be reviewed and approved by the board in September.

2. The November-December newsletter shall announce any dues change proposed for the ensuing year to the membership.

3. Any dues change shall be voted on by the membership at the November meeting.

D. No person shall enter into any contract or execute any financial instrument in the name of or on behalf of the Club without express authority from the Executive Board.

E. No member, officer, director or agent of the Club shall be held liable, financially or otherwise, for the acts or failure to act of any other member, officer, director or agent of the club. Membership in the club will not constitute a partnership for any purpose.

VIII. Cash Policies

A. All 5BBC expenses shall be paid through the Club's checking account. Each expense shall be reviewed and approved by the Treasurer and one other member of the Executive Board.

B. Check requests shall be made with Request for Payment (RFP) forms to the Treasurer. RFPs shall be accompanied with supporting documentation such as receipts, invoices and/or contract proposals.

C. Receipts are required for reimbursement of all expenses. Credit card statements in lieu of receipts are not acceptable.

D. Cash advances for anticipated expenses may be provided, subject to the Treasurer's approval. Such cash advances will be recorded as personal loans from the 5BBC until receipts for the expenses are submitted.

E. Checks written against the club account for amounts over \$3000.00 shall require two account signatories.

5BBC Standing Rules, revised, 6/7/2008

*Online version available at
www.5bbc.org/elections*



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 btance, 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. *Continued on page 29*

Bike Events on Tap



Baltimore Bicycling Club
Civil War Century
Sat. 6 Sept. 2008
www.baltobikeclub.org



Westchester Cycle Club-Golden
Apple Century, Sun. 14 Sept. 2008
www.westchestercycleclub.org

Bike the Beach 2008

Probus Club of Bridgeport-Bike the
Beach, Sun. 14 Sept. 2008
www.probusclub.org/bikethebeach/



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

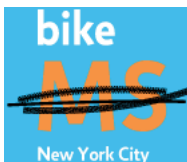


Solar Cycle Tour Sun. 21 Sept. 2008.
Hudson River Museum www.hrm.org



Final Rosarito Ensenada Ride,
Mexico. Sat. 27 Sept. 2008
www.rosaritoensenada.com

MS NYC Bike
Tour, Sun. 5
Oct. 2008
www.msny.org
kintera.org



Transportation Alternatives
Tour de Bronx.
Sun. 19 Oct. 2008
www.tourdebronx.org



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



Brita Climate Ride,
Sept. 20-24, 2008.
www.climateride2008.org



Massapequa Park
Bicycle Club -
Tour of the Hamptons,
Sun. 21 Sept. 2008.
www.massparkbikeclub.org



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



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



Hawaii Bicycling League
Honolulu Century Ride
Sun. 28 Sept. 2008
www.hbl.org



Sarasota Manatee Bicycle Club
Gulf Coast Cycle Feast (Florida)
Sun. 2 Nov. 2008. www.smbc.us

5BBC Milestones Olympic Event



Proud parents Jesse & Minta with their newborn son Ira Ernst. Photo sincerely provided by Liz Baum

Austin, TX, 12.46pm: Minta Akin has taken gold in the women's labor endurance trials, with Ira Ernst Akin Pino, 9 lbs, 9.9 oz, length 22".

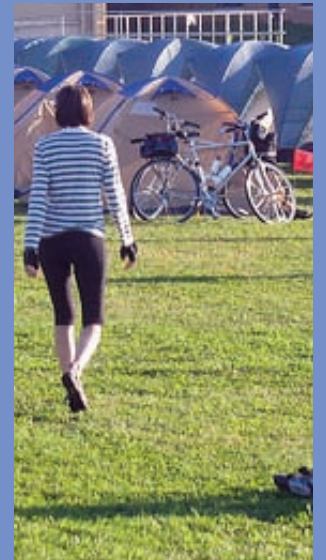
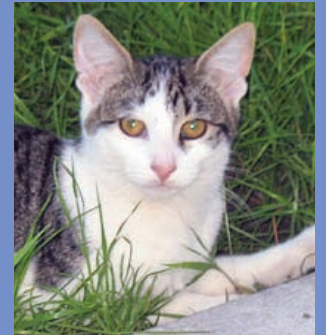
Our own Ed Pino is the proud Grandfather of Ira Ernst, born on August 11th, 2008 to Jesse Pino & his wife Minta Akin. Jesse was one of the cyclists who successfully rode around The Bronx, Brooklyn, Manhattan, Queens & Staten Island in the original Perimeter Ride Series, in 1998.

The 5BBC wishes Jesse, Minta, Ed & Liz and esp. young Ira Ernst, many good years to come.

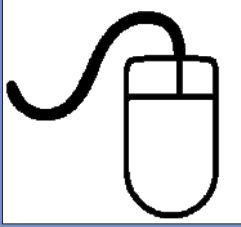


Proud Grandparents celebrating. Photo provided by Ed Pino

Scenes From The Bon Ton Roulet Bike Ride, July 20-26, 2008
Photos by Debbie Friedman



The annual Bon Ton Roulet bike event goes through 350 miles of New York State's lovely Finger Lakes region. For details and soon-to-be future information on next year's ride, which will be from July 26 to August 1, 2009, visit www.bontonroulet.com. Many thanks to Debbie for providing these photos.



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



LEARN HOW TO RIDE A BIKE
GROUP OR INDIVIDUAL APPOINTMENT
Experienced instructor of 20+ years.

Terry Chin (718) 680-5227

Arabelle Taggart photo



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



FOR SALE: 2004 Specialized Allez Triple Road bike. Frame size XL (56cm), suitable for a tall cyclist. Equipped with cyclocomputer, water bottle cages and clipless pedals. Ridden some 400 miles. Asking price: \$500 or better offer. Bike trainer also for sale. Contact Marian at 917-860-9620 or email geekgirl1@gmail.com

Quality Painting at Reasonable Rates
Indoor & Outdoor - 2 yrs apprenticeship experience. Will provide references. Call Todd Behnke 917-232-0875 Cell or 347-621-1108 Home.



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

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



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GOVERNORS ISLAND 2008 SEASON

COME OUT AND PLAY!!!

THE VIEW

CAR-FREE BIKING

PICNICKING

CONCERTS

GOVERNORS ISLAND IS OPEN MAY 31-OCTOBER 9, 2008. FRIDAYS, 10AM-3PM; SATURDAYS AND SUNDAYS, 10AM-7PM. BOAT RIDE AND ADMISSION ARE FREE.

IT ONLY TAKES 7 MINUTES TO GET TO GOVERNORS ISLAND. CATCH THE FREE FERRY IN LOWER MANHATTAN FROM THE BATTERY MARITIME BUILDING AT 10 SOUTH STREET, JUST NORTHEAST OF THE STATEN ISLAND FERRY TERMINAL. BY BUS: M6, M9, M16. BY SUBWAY: ① TO WHITEHALL STREET OR ② TO BOWLING GREEN. For more information, visit www.govisland.com or call 212-440-2202.



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.

MAKING THINGS GO
BIKES & HUMAN POWERED VEHICLES

April 18 - September 28, 2008

SM STATEN ISLAND MUSEUM
SCIENCE · ART · HISTORY

75 Stuyvesant Place, Staten Island NY 10301-1998
www.statenislandmuseum.org



Cycling Risk Assessment Study

The New York Cycle Club, 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 visit www.nycc.org/ras/

Thanks,
Peter O'Reilly
New York Cycle Club

On Sat. Sept. 13, the 5BBC will offer a tie-in day trip to visit this exhibit. Join leaders Jesse Brown & Josh Gosciak and see two-wheeled displays.

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

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.bicyclerenaissance.com

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

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

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

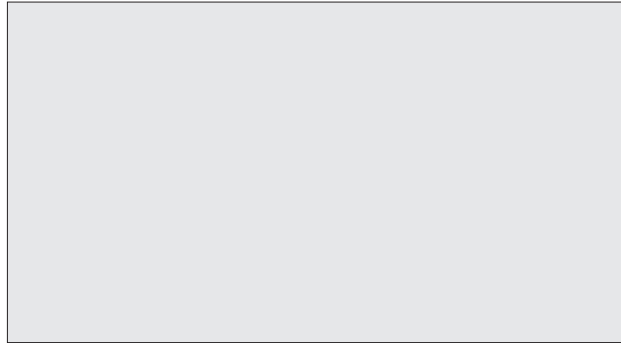


c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403
www.5bbc.org

Address Service Requested



5BBC President Jesse Brown
Photo by Alfredo Garcia



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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 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 or Vice 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 November-December 2008 issue is:

Monday 6 October 2008

Bicycletter

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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 (LAB), the New York (State) Bicycling Coalition & the New York City Bicycling Coalition.