

B I C Y C L E € € R.®

Bi-Monthly Publication Of The Five Borough Bicycle Club

November - December 2008

www.5bbc.org



We're going to cross a bridge into 2009. Please vote in the board elections & renew your membership. We are all going to move forward with the 5BBC.

Inside: General Meetings--Page 3; Day Trips--Page 4; MS NYC Bike Tour--Page 9; Standard Time Reminder--Page 10; 5BBC Annual Holiday Bike Gift Guide--Page 11; Unconventional Cycling--Page 19; Bike Events on Tap--Page 20; Nathaniel's Hook Ride by John Chiarella--Page 21; War of the Worlds! Ride by Ted Kushner--Page 22; Unusual Cycles--Page 23; Renew your 5BBC membership--Page 24; Best Wishes to all, 5BBC Holiday Party form, Cycling Study & Survey--Page 25; 5BBC order blank form--Page 26



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: "Bikes on the Verrazano" Taken at the Great Kills Excursion ride, Staten Island, NY, Sat. 1 September 2008. Photo by Jim Millard.

5BBC General Meetings



Travelogue of Last Summer's Adventure Presented by Tod Moore & 5BBC Election Results Monday, Nov. 17, 2008, 6:30PM, Room 111

Location: Hosteling International-American Youth Hostels, 891 Amsterdam Ave., between 103rd & 104th Streets, Manhattan. Subway: 1 to 103rd St.

"Five hundred miles along the Danube?" Sound like fun? Trudy, Rhonda and I did it this summer and we'll tell you all about it. Traveling from Donaueschingen where the Danube starts at a spring and ending in Vienna they encountered bike paths, bike routes, dirndils, bier gartens, a palace a giant ferris wheel and much much more. Look for the musical numbers and the choreographed sheep. If you travel self supported or would like to don't miss this show." Tod Moore

Please note, if you haven't already voted, the deadline to vote for candidates and amendments is 7:00 delivered to the meeting. Blank ballots will be available at the meeting.)

Light refreshments will be served.



Members of the 5BBC--enjoy the holiday season, ride carefully, vote in the elections, come to our holiday party and please renew your 5BBC membership for 2009. Thanks.

The print 20-page Bicycletter was prepped (labeled, folded & taped) on Tues. 28 Nov. by Barry, Hartglass, Andrea Casertano, Mary McNulty, Javier, Leila Rinehart & myself. Next morning, Phil Goldberg brought them to the USPS for mailing. Thanks very much. *Editor*



◆◆ HOLIDAY PARTY ◆◆

Saturday, December 13, 8:00 PM

**Location: Woolworth Tower Kitchen, 233 Broadway at Barclay Street, Manhattan (entrance on Barclay St.)
Subway: 1 R to Chamber St.; 4 5 6 to City Hall**

It is time to celebrate a successful 2008 season, and to see what your club has planned for next year – day rides, weekend trips, monthly programs, and the Montauk Century 2009.

Back by popular demand our annual holiday party will again be at the Woolworth Tower Kitchen in the City Hall area of Lower Manhattan. The party will feature:

Full dinner buffet including vegetarian and non-vegetarian selections; Beer, wine, soda, coffee & dessert; Optional cash bar; Our famous raffle! One free raffle per participant, additional raffles 3 for \$5, proceeds to be donated to various bicycle-related charities. Speeches and Awards (brief).

This party is largely subsidized by your club with membership dues and proceeds of the Montauk Century 2008.

Advance registration is \$25 per person until Friday, Dec. 12. Visit www.5bbc.org or fill & mail form on page 25. At-the-door registration (if still available) will be \$40.

This party is for club members and their guests only. If you're not a club member, you can fix that here. If you have questions, or have difficulty registering, or are bringing young children, or have economic hardship, please contact us at programs@5bbc.org

Indoor bike parking is available. The facility is handicapped-accessible.

*Leila Rinehart & Ed DeFreitas
5BBC Programs*



Bike Access to Trains

New York City Subway

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

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

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

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

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

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application: www.mta.nyc.us/mnr/html/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. @ Maine Mounment fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway; Ride left on Midland Parkway, left @ 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available.

GWB Bus Terminal

George Washington Bridge Bus Terminal, NE corner, Ft. Washington Ave., 178th St., Manhattan. Subways: A to 175th St., 1 to 181st St.

HI AYH

Hosteling International / American Youth Hostels, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.

Hudson Terrace

Fort Lee, New Jersey side of the George Washington Bridge. From Manhattan, ride to bridge pedestrian/bike path @ Mother Cabrini Blvd. & 178th St. (ENTER from 177th St.) Subways: A to 175th St., 1 to 181st St.

Kew Gardens

NE corner, Queens Blvd. & Union Turnpike @ Statue of Civic Virtue, Queens. Subways: E F to Kew Gardens, Union Turnpike.

Pelham Bay Park

Pelham Bay Park, Bronx, Last stop 6 subway to Westchester Ave. & Burr Ave. Footbridge across Bruckner to the park.

DAY TRIPPER

A Baby, It's Cold Outside!

Remember to dress appropriately for the season. Temperatures can drop suddenly so make sure you go out with enough layers to stay warm. It's time to break out the leg warmers and booties, balaclavas and neck gaiters. Please note that leaders may cancel rides at their discretion if road conditions or frigid weather pose a hazard. Also, please remember to bring a lock, pump, spare tube, and extra cash if a ride description mentions meals, admissions or train fare. In addition, the club's annual Frostbite series returns with the start of December and runs through February. Look for rides to some favorite destinations such as the Broadway Diner in Bayonne (kickoff ride), Dim Sum and Lights in Dyker Heights, Uncle George's in Astoria and the Cloisters Museum in upper Manhattan.

Ted Kushner & Ed Ravin
5BBC Day Trips

Saturday, November 1, 2008

HALO HALO RIDE

9:30 AM, South Ferry, 23+ miles, mostly flat & bumpy roads with hilly bridge crossing

Tasty Filipino cuisine revisited via boat, bridge and maybe boat again. Ride to Staten Island and Hudson County for a uniquely Asian feast. Perhaps some Halo Halo in November? We'll see. If time remaining we might go to the Philippine Bread House for sweets. Bring a lock & money for lunch. Return by ferry or PATH. Co-listed with NYCC. Leaders: Alfredo Garcia and Jesse Brown

☺ **PALISADES BIKE HIKE: BOMBAY HOOK 9:30 AM, GWB Bus Terminal, 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 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)

We like this one so much, we're doing it again! It's 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 (Note:

Standard Time begins today)

THE LOTTERY RIDE FIRST CHANCE

9:00 AM, HI AYH, 65 miles

We will visit New Jersey and Connecticut in quest of winning Lottery tickets while not ignoring NY as well. The route is scenic, smooth, and invigorating; you're sure to love it. Last year Jesse won \$500 so obviously there's no limit to the potential. Leaders: Rodney Millard and Jesse Brown.

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 & 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.

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 and others.

Tuesday, November 4, 2008 (Election Day)

A NON-PARTISAN SPIN

10:00 AM, City Hall, 30 miles

Let's get out and vote early (and often), then go for an easy-going non-partisan spin through Brooklyn and Queens while the rest of the nation casts its ballots. We'll ride on a mix of city streets, bike lanes and greenways with a spin around the Unisphere in Flushing Meadows Park. Along the way we'll stop for lunch at a kosher restaurant on Main St. in Queens before we head back along the bike route to the Queensboro Bridge and end our ride at Bridgemarket. Average pace (10-11 mph) with 2 bridge climbs. Leaders: Dana Hudes and Jesse Brown.

Saturday November 8, 2008

THE GREATEST

TURKEY RIDE: CHARLIE'S TURKEY (and Open House)

10:00 AM, Kew Gardens, 30 easy miles

Join Ed and Liz as we eat Charlie's turkey, the best turkey dinner in Queens. We can say that we have been eating it for years. This is an easy mostly flat ride. Usual weather conditions apply. Bring \$7-10 for lunch. Ride will end by Ed and Liz's apartment; afterwards, there will be an open house at our place. Please call us at (718) 487 4992 if you would like to join us for lunch and are not riding. Leaders: Ed Pino and Liz Baum.

Sunday, November 9, 2008

THE LOTTERY RIDE SECOND CHANCE

9:00 AM, HI AYH, 65 miles

We will visit New Jersey and Connecticut in quest of winning Lottery tickets while not ignoring NY as well. The route is scenic,



Ira Najowitz leading the East Island ride, Photo by Ben Karassik.

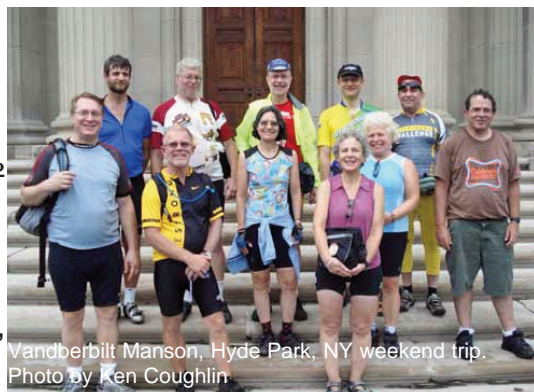
smooth, and invigorating; you're sure to love it. Last year Jesse won \$500 so obviously there's virtually no limit to the potential. Leaders: Rodney Millard and Jesse Brown.

TOUR DA BRONX ZOO

10:00 AM, City

Hall, approx. 30 miles

An astounding fact: You can travel to San Diego or Da Bronx to visit one of the finest zoological facilities in the world. No joke. The northern borough houses facilities that the rest of the world depends upon to save a whole host of our Earth's non-human population. We know it by its common name, The Bronx Zoo www.bronxzoo.com. It's also the Wildlife Conservation Society. Bring bike lock, \$ for lunch and admission (\$15/\$13 seniors & possible group rate). Leaders: Ed DeFreitas and others.



Vanderbilt Mansion, Hyde Park, NY weekend trip. Photo by Ken Coughlin

Saturday, November 15, 2008

CROTON RESERVOIR TRIPLE-CROSS

9:00 AM,

Van Cortlandt Park, 35 miles

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings -- the "Old Put" railroad bridge, Gate House Bridge, and New Croton Dam -- plus a splendiferous (although slightly bumpy) ride along the lake shore. 28c (or fatter) tires are suggested for unpaved roads and trails. Ride ends at Croton-Harmon station. Bring \$ for lunch, \$7.50 train fare, MTA permit. Leaders: Jim Zisfein and others.

FOLLOWING THE BREEZES TO BREEZY POINT

9:30 AM, Kew Gardens, 30 miles

Meeting Places for 5BBC Rides

Note: W runs weekdays

Penn Station

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

Plaza Hotel

Fifth Ave. at 59th St., Manhattan. 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 at entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

Prospect Park (Picnic House)

Within Prospect Park, on Prospect Park Dr., (West Drive), south of 3rd St., Brooklyn. Subways: 2 3 to Grand Army Plaza, F to 7th Ave., R to Union St.

Riverside Drive, 72nd St.

Eleanor Roosevelt Statue Northwest corner, Riverside Dr., 72nd St., near Eleanor Roosevelt statue, Manhattan. Subways: 1 2 3 A B C to 72nd St.

South Ferry

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

Van Cortlandt Park

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

World Trade Center

PATH station, Vesey St., west, Church St. Manhattan. Subways: A C E to Chambers St/World Trade Center, R 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



Photo by John Slaski

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 colder and windy, it's important to: **Dress warmly, esp. wear a cap under your helmet to keep head warm;** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from drying and cracking. Drink **Water** to stay hydrated. Thank you.

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



From bookcover: The Best of Newspaper Design 27

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



Metaphysical cycling on a marked bike path greenway.....

We'll travel into Brooklyn & the Belt Parkway bikeway, and then head over the Gil Hodges Bridge to Breezy Point. BP is the home to arguably the most professional volunteer ambulance & fire department in the city (viz. the Rockaway Point FD). Come and hear why we can say that. After our return ride we'll eat in the Metro Cafe in Forest Hills, a five minute ride from the E or F train at Continental Ave. Quick pace, average speed 15 mph, 18 mph on the flats. Dress appropriately; bring two spare tubes, money for lunch, a growing appetite and a good attitude.

Expect to be returning by 2:30 - 3 PM. Leaders: Dennis Griffin and Ira Najowitz.

Sunday, November 16, 2008 BROOKLYN SOJOURN

10:00 AM, City Hall, approx 30 miles

Travel back in time? Maybe. What would you call traveling through 19th century neighborhoods to the New York headquarters of a company that started out making Conestoga Wagons for the trek across the Wild West and then make electric cars. What? An early 1800's Free Black Settlement. Bring bike lock, money for lunch and an open mind. Leaders: Ed DeFreitas and others.

Saturday, November 22, 2008

THE PELHAM BAY PARK PERIMETER

10:00 AM, Pelham Bay Park (Last stop on the 6 train; footbridge across Bruckner to the park); 15 miles, off-road and bridle paths

There're thorns, genetically mutated mosquitoes, mud, lagoons, more mud, and rocky ledges. But does that deter us? No way! Where there's a will, there's a road! Those of you who like off-road and can skillfully handle gravel, sand, and mud, ledges, branches, and thorn bushes, you're in for one heck of an experience -- one that's close to home and in the Bronx. We'll

visit Orchard Beach as well, to cool down, and explore Twin, Two Trees (anyone who can portage across a narrow spit of land, mostly washed out by the tide and not get washed out, gets a free lunch), and Hunter Islands. There'll also be stops at the beautiful Pell-Barstow Estate and the elegant Split Rock Golf Course, where we'll lunch amid upscale gents and ladies on the

nine hole. ATB's or MTB's strongly recommended. Leaders: Jesse Brown and Josh Gosciak.

THE RIDE TO NORTHVALE DINER

10:00 AM, HI AYH, 40 miles

Pancakes, eggs over easy, gyro w/fries, turkey on rye?

Whatever your fancy, it's yours, provided you have the money and an appetite. Leaders: Brian Hoberman and TBD.

Sunday, November 23, 2008

4 BORO BIKE RIDE

9:00 AM, City Hall, 35 miles

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



Left turn Steve Bauman--NYCC's Escape New York event.



Get Acquainted Ride to Coney Island ride. Photo by Andrea Casertano.

ORANGEBURG GREENWAYS TO PIERMONT

10:00 AM, Hudson Terrace, Fort Lee (New Jersey side of George Washington Bridge near bike lane), 40 miles flat & hilly Let's ride differently to Piermont, via two eye-opening Rockland County rail trails.

Slight flanking & more miles towards western Bergen & Rockland counties, but worth it. Ride ends at Manhattan side GWB or Central Park. Bring \$ for lunch. Co-listed with NYCC. Leaders: Alfredo Garcia and Brian Hoberman

**Thursday, November 27, 2008
(Thanksgiving Day)**

PRESIDENTS SHADOWS (New ride!)

10:00 AM, City Hall, approx 25 miles

We all know that Washington slept here. But, where did his VP sleep? How did a Brooklyn community honor a fallen President (not JFK, Lincoln or one of those famous ones)? Come on a nice ride this Thanksgiving (no turkey jokes) and we'll build up an appetite for the turkey later. Have something historical to say at dinner. Leaders: Ed DeFreitas and others



Getting to know you, getting to know all about you. Photo by Richard Brause.

**Saturday, November 29, 2008
NO LIE RIDE**

9:00 AM, Kew Gardens, 35-40 miles

Let's head out to Great Neck, Manhassat, Port Washington, Roslyn, Sea Cliff, and Old Brookville before we head back home. We do all this north of the LIE (and we're not lie-ing!) Friendly and good place to eat lunch in Sea Cliff. Bring spares tubes, MTA railroad pass and money for lunch. Will safely get "home" before 4 PM with quick spin pace (18 mph+ on flats) and many good hills to make for average 15mph pace. Leaders: Dennis Griffin and others



Scene from the Manhattan Perimeter Ride. Photo by Joe M.

WANDERING TO WAVE HILL

9:00 AM, Columbus Circle, 30 miles with a few hills.

Enjoy a post-Thanksgiving visit to a treasure in the Riverdale section of the

Bronx: Wave Hill (www.wavehill.org). Once a private estate, it is an oasis that overlooks the Hudson and the Palisades. To and fro, we'll enjoy riding through picturesque parks in Manhattan and the Bronx. Bring a lock. Leaders: Brian Hoberman and others

Sunday, November 30, 2008

☺ A BROOKLYN RESIDENTIAL TOUR

10:00 AM, Prospect Park Picnic House, 25 miles

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton, Sheepshead, Midwood and others. Bring, snack or lunch money. Leaders: Terry Chin and Ed

DeFreitas

**Saturday December 6, 2008
QUEENS TREASURES**

10:00 AM, Cunningham Park, 30 miles

More a tour than a ride through Queens, hitting some of the boroughs unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the botanical gardens, a 2000 year old roman column, a kung fu temple, the Lemon Ice King of Corona and more. Back around 4 PM. Leaders: Randy Horowitz and others

Sunday, December 7, 2008

FROSTBITE SERIES #1: THE WORLD'S GREATEST PANCAKES 10:00 AM, City Hall, 25 miles

This is the traditional

start to our club's answer to the pending winter blahs. The Frostbite series asks the question: if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to Staten Island, follow the west coast, then cross the Bayonne Bridge to head for those delicious



Photo by Brian Hoberman

THE FIVE BOROUGH BICYCLE WELCOMES OUR NEW MEMBERS!

2008:

Deborah Blumberg, Mary Bryne, Laura Devore, Arlene Hajinlian, Holly Harvin, Lawrence Kahmi, Michele Levine, Steven Levine, Rebecca Maestre, Michael Moses, Brian Ramos, Ericka Ramos, Jo Rees and Lewis Steinberg

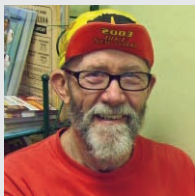
2009:

Janbeck Abaza, Sean Abaza, Jenny Baird, Timothy Bangelski, George Banks, Michael Belcher, Steven Betancourt, Steven W. Betancourt, Riva Blumenberg, Denise Brown, Steve Chien, Alexander Cholakis, Michael Cohen, John Coutsakis, Ava Dadabhoy, Robert Diamond, Jaime Dreyer, Nick Fallon, Sandra Fallon, Vincent Famulari, Kathleen Ferrito, Diane Francis, Rob Gray, Joseph Herzfeld, Stephanie Lai, Jessica Langan-Peck, Pamela Langford, Dorothy Larrier, Philip Lee, George Leifer, Louis Lubrano, Dusty Morisco, Claudine Mossberg, Keith Mossberg, Barli Nugent, Eric Shapiro, Jarret Schecter, Therese Shecter, Sara Verman, Yuko Watanabe, Carl White and Sauying Wong

5BBC Milestones



5BBC Leaders Ed Pino and Liz Baum (above) became certified League of American Bicyclists Cycling Instructors (LCI) on October 12th after taking the League LCI course. The League of American Bicyclists (LAB) offers the only nationwide cyclist training and certification program in road safety and general cycling skills. LCIs hold an important credential in the world of cycling and may run a variety of bicycle education programs for adults and children. LCI training takes many hours of work and dedication. Skills and safety about vehicular cycling are the main focus. Ed and Liz are planning to teach a class on Road Safety class for members in the near future. The Five Borough Bicycle Club congratulates Ed and Liz for their achievement, taking their love of cycling to a higher level. We also want to thank them for their years of distinguished service on the 5BBC Executive Board.



5BBC leader Jim Mallard above, has recently retired and moved to Northern California, on Nov. 3. Of his experiences with the 5BBC, one of his favorite bike rides was going to Wave Hill, in the Bronx. As for leading and sweeping rides as a leader, Jim, usually riding his orange Bike Friday, had fun working with different trippers and their needs on various rides. The 5BBC will miss Jim and we wish he has many good years, cycling-wise and otherwise, in the Golden State.

pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. Note: Alternate plan if the weather is bad. Bring brunch money, bike locks. Leaders: Ed DeFreitas and others.

**Saturday, December 13, 2008
SLOW WINTER EXPRESS
9:00 AM, Penn Station, Eighth Ave at W. 31st Street; 30+ miles**

We'll ride nearly non-stop at a suitable pace, riding a new "protected" bike lane, some cobblestone streets and the greenway to the Staten Island Ferry. We'll go over the Bayonne Bridge to a humble eatery at Liberty State Park, in Jersey City and take in nice views. Some busy traffic, bumpy roads and a hilly bridge. We'll take a ferry or PATH back to Manhattan. Bring lock & money for meal. Co-listed with NYCC. Leaders: Alfredo Garcia, Jesse Brown and Andrea Casertano.



Andrea Mercado & Bob Castro at Summer Streets
Photo by Brian Hoberman.

**Sunday, December 14, 2008
THE LOTTERY RIDE THIRD CHANCE
9:00 AM, HI AYH, 65 miles**

We will visit New Jersey and Connecticut in quest of winning Lottery tickets while not ignoring NY as well. The route is scenic, smooth, and invigorating; you're sure to love it. Last year Jesse won \$500 so obviously there's virtually no limit to the potential. Leaders: Rodney Millard and Jesse Brown.

**FROSTBITE SERIES #2: FLAT ROCK NATURE PRESERVE
10:00 AM, City Hall, 30 miles**
Go Au Naturale in Joisey! This privately owned natural preserve lets us bike to their Nature Center, but hiking only on their trails. Lunch at a pond. Clothing is not optional. Leaders: Ed DeFreitas and others.



Spinning up the Hills ride. Photo by Rhonda Wittorf.

**Saturday, December 20, 2008
STATEN ISLAND CHOCOLATE FACTORY RIDE 9:00 AM, South Ferry, 23 miles, bumpy roads**

Short ride to Superior Confections' factory outlet, to buy assortments of chocolates, ranging from dark, milk and truffle varieties. Some greenways. We'll have a lunch stop on the returning ferry to Manhattan. Co-listed with NYCC. Leaders: Alfredo Garcia and Jesse Brown.

FILLMORE'S: A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT 10:00 AM, Kew Gardens, 25-30 easy miles

Join Ed & Liz on our ride to Fillmore's for lunch. This will be an easy flat ride through the borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring

\$10.00, for a real lunch; restaurant is bike friendly. Bring bike lock and a good attitude. Leaders: Ed Pino and Liz Baum.

☺ BOUND TO LEAVE A SECOND IMPRESSION RIDE

11:30 AM, Prospect Park (Grand Army Plaza), 15 leisurely miles

So what happened to the "First Impression Ride?" Seems like Gavin, our host, had a spill on his bike and couldn't get to his shop to show us his skills. As a bookbinder and

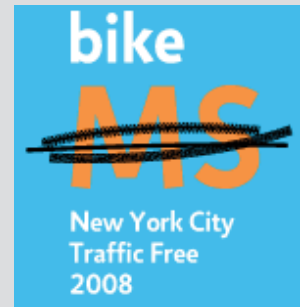
letter presser he'll have us stepping back in time as we watch him bind books and do letter pressing all by hand. (Shouldn't this be something you do with the Continental Congress in Philadelphia?) He'll either be in

his new Manhattan or new Brooklyn Shop, but rather than having us be in a "bind" as
CONTINUED ON PAGE 19

Rain and Clouds--Scenes from the MS-NYC Bike Event, Sunday 5 Oct. 2008



1

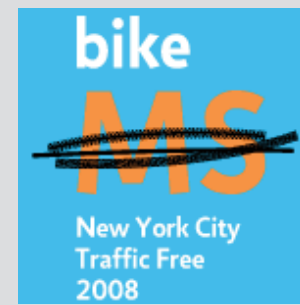


For many years, the MS NYC bike tour allows cyclists to raise funds for Multiple Sclerosis, a debilitating disease, by riding traffic-free (yes, roads are closed to cars, just for us) around Manhattan and parts of Bergen County, NJ and Rockland County, NY. In addition, corps of riding and non-riding marshals encourage cyclists, sometimes helping with bike mechanicals and keep the ride safe and fun.

For many years, 5BBC members and leaders, have ridden the MS NYC bike tour for fund raising as well as serving as riding marshals.

Thanks to those who ride to help MS patients in the long run. And much thanks to our own Beth Katz, for coordinating the helpful marshals from among the 5BBC ranks, esp. during the pouring rain early morning. But it cleared up.

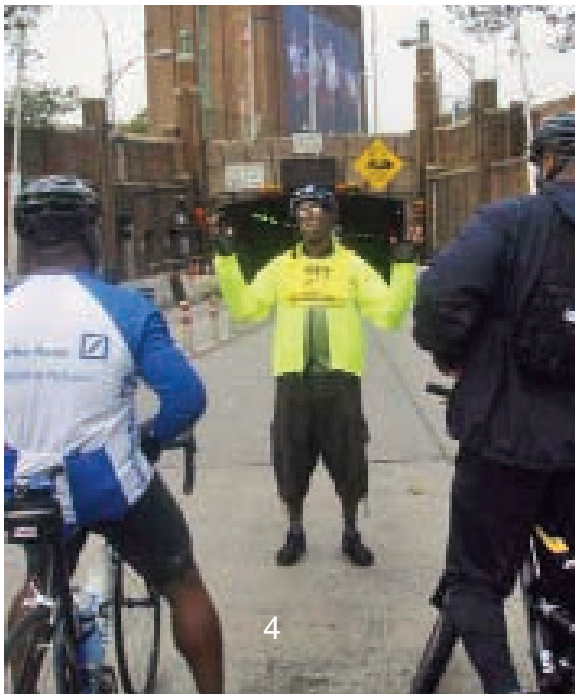
At the start: 1) On the FDR Drive, lower Manhattan, the road was still wet. 2) & 3) Beforehand the weather was very wet and pouring, but these cyclists, esp. Jim Zisfein (in yellow jacket) and Andrea Casertano (with black jacket and blue helmet) put on a happy face and rode with glee. 4) 5BBC President cum Ride Marshal Jesse Brown manages cycling traffic at the Manhattan side of the Lincoln Tunnel, for the 60 and 100 mile riders. 6) Off they go, into the underground traffic wonder, to New Jersey.



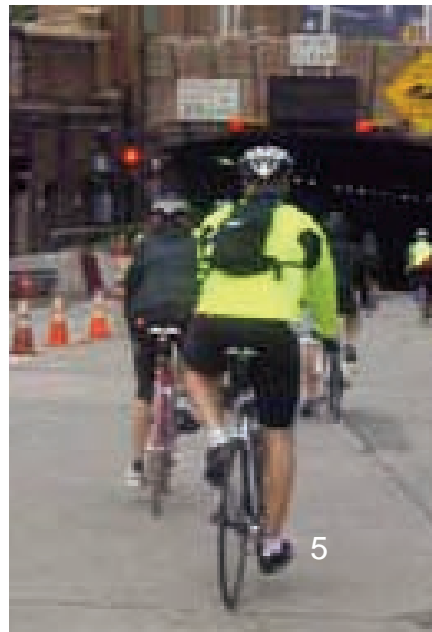
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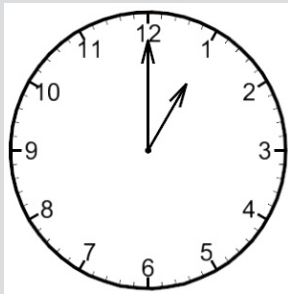
5

Photos by Ben Karassik

**bike
MS**
New York City
Traffic Free
2008



Longtime 5BBC Member, Harrison, on and off the bike, MS NYC tour.



Standard Time Reminder

On Sunday Nov. 2, set back your clocks, watches and other time-pieces back one hour, starting at 2:00AM. The new time should be 1:00AM (above). You can set it much earlier, before you go to sleep. Thanks and be ready.

MS NYC Bike Tour, Continued



Halfway on the 30 mile route: 1) The weather is clearing up--First wave of cyclists on Seaman Ave., leaving Isham Park; 2) NYPD Bike Cops. 3) Father and Son registered riders. 4) "Mom, I want a bicycle just like that so I can ride the MS NYC tour when I get older." 5) Father and Son ride marshals on the Joe DiMaggio Highway, before the end. 6) Our own Phil O'Reilly, veteran ride marshal, bringing up the rear and making sure people are okay and enjoying themselves.

For information on the 2009 MS NYC bike tour
www.msnyk.kinteria.org

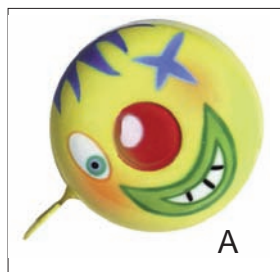
Photos by Alfredo Garcia

Annual 5BBC Holiday Bike Gift Guide

SPECIAL 8-PAGE SECTION

Note: Items subject to availability and prices subject to change.

Compiled By Alfredo Garcia & Dan Bach, with contributions from Marian Cole, Brian Hoberman, Susan Rodetis, Arabelle Taggart and Rhonda Wittorf.



A



B



C



You might have ridden, in childhood, a #36 classic Red bicycle, with 10-inch wheels from Radio Flyer. They have built and sold this bike for 90 years. It's a good intro for a young child to cycling, with careful guidance. Visit the www.radioflyer.com website for more info.



Display of bike bells and snake bike locks, Pylones shop at Grand Central Station.



Fly like Mercury on your bike. Strap these stylish Windrider bicycle clips, \$15, designed by Gijs Bakker, on the ankles of your trousers. Available at the Museum of Modern Art and the Conrad shop, in Manhattan and their respective websites, www.momastore.org and www.conranusa.com



GoPro Hero digital camera, \$139-\$169. Takes photos as well as video (1hr with 2-gigabyte SD card) straps to helmet. Available from www.jensonusa.com. Note: your digital camera is okay too; See Lynette Chang's "16,000 Feet on a Friday."

HOLIDAY WISH LISTS FOR CYCLISTS

By Susan Rodetis

It's wonderful to give, and receive, presents; I love both ends of that process. Here are some additional considerations as we all approach the holiday season:

- Presents can be expensive, and (even more so in these cost-conscious days) I'd always only respond to the "Santa Clauses" of friends/family with things that are in an affordable range (save the latest all-carbon bike model for your own bank account proceeds).

- If giving/receiving a cycling present, it's good to check pretty accurately what the recipient wants /needs /size / model/color, etc. For instance, someone wanting "bike tubes" might need a long valve if they have deep dish rims (ergo a short valve stem wouldn't extend sufficiently to make contact with a pump). Or one desirous of a set of decals for their Colnago bike might really only want a set in white, to match their trim, and not the yellow version of the decals.

- Ordering online can be cheaper /quicker /easier for gift-givers, especially out-of-towners who might not have access to a person's local bike shop (LBS), but do check return policies (shipping costs, length of time, and ease of return). - LBS might be explored if a salesperson knows the customer well.

- If it's a high ticket item I'm really jonesing for - - then I might suggest a gift certificate (for whatever part the gift giver might like to provide) at the vendor of my choice.

Bike Gift Ideas by Brian Hoberman



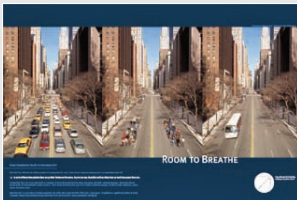
1) Strida 5.0 folding bicycle at MOMA--great and fun to ride <http://tinyurl.com/48s3ht>, \$800.



2) Make Bike Not Car T-shirt, \$24. Fun Copenhagen site offers entertaining gifts, including this. www.copenhagencyclechic.com.



3) Adventure Cycling membership, \$35/year. Explore the world on your bike with their discounted maps, magazine and much more. www.adventurecycling.org.



4) Room To Breath poster, \$10. See how nice NYC could be if drivers got out of their cars and onto bikes. www.transalt.org.



5) Bike a Bike or donate to Recycle-A-Bicycle. They promote everyday bicycle use by teaching kids how to fix up bikes and ride them! Visit www.recycleabicycle.org.



Take-A-Look bike eyeglass mirror, by Bike Peddler, \$14-\$20. Best of its kind. At local shops or visit www.amazon.com.



NYC Department Of Transportation bike helmet, FREE. They were given out at Tour de Bronx. Various colors, children and adult sizes. Visit www.nyc.gov/DOT or call 311.



Ultralight Adventure Medical kit, \$17 at sporting goods stores.



Classy retro textured Honjo metal fenders, \$60. From www.jitensha.com



Like a Book-of-the-Month Club, Del Prado offers a subscription of die-cast scale model bicycle of the month club, starting with this Lance Armstrong/Trek Madrone bike, 2004 and a vintage highwheeler. Visit www.delpradocollections.com. \$10 & up.



Lynette Chiang, Bike Friday cyclist, is offering an orange "Traffic Cone" bag. For more info on this bag, visit: www.galfromdownunder.com/store



Bicycle Habitat gift certificate. Various amounts. Fabled shop located at 244 Lafayette St., Manhattan. www.bicyclehabitat.com



Topeak Road Morph frame pump, \$50. Great for flat tires on the road.



I Love My Bike bell, by Pyramid, \$6. At bike shops & www.amazon.com.



John's Irish strap, from Rivendell, \$6 from www.rivbike.com. Secures most things on your bike. Should be called O'Reilly's Irish strap....



Bell Solar helmet, \$30. One of the best inexpensive stylish helmets. At local bike shops or visit www.nashbar.com.



Bell Sweep road helmet, \$130. www.bellbikehelmets.com



Giro Ionos helmet \$225. Worn by the pros. www.giro.com



Scale-model vintage ice cream tricycle, \$33, from the Pedaling History Museum, Orchard Park, NY (near Buffalo). www.pedalinghistory.com



This rubber stamp with a bike motif, \$9. The Ink Pad, on 22 8th Ave., near West 12th St., in Manhattan or online at www.theinkpadnyc.com



With Lance Armstrong, left, making a return to the Tour de France in 2009, he'll remind folks how many he won with this "Lance 7" jersey. \$52 from www.bikingthings.com



Ernesto bike lube is soy based, uniquely eco-friendly for bikes. \$6. www.ernestolube.com



Jandd duffel rack pack. It sags a little, but good to carry off the bike. \$45. www.jandd.com



This Logo rear bike rack by Tubus allows separation of panniers and rear rack pack. \$120, from www.thetouringstore.com



Black miniature Vietnamese Xich Lo (Cyclo pedicab), from Vietnam, by way of Madison, Wisconsin. \$45. Visit the website, www.vietnamesearwork.com



Pedro plastic bike levers, in various colors. \$4-\$6 at local shops and www.pedros.com



Classic Carradice canvas saddlebags: The minimal "Barley," top, \$109 and the huge "Super C," above, \$139. From Wallington Bicycle Parts and Peter White Cycles (see column on right for info.)



Want the real thing? Get an authentic working Cyclo pedicab & ride for fares. \$2400. Also from Vietnamese Artwork.

ONLINE BIKE SHOPS A Selection

Bike Nashbar
www.nashbar.com

Performance Bike
www.performancebike.com

Peter White Cycles
www.peterwhitecycles.com

Rivendell Bicycle Works
www.rivbike.com

Velo Orange
www.velo-orange.com

Wallington Bicycle Parts
www.wallbike.com

Sporting Goods Online Shops with Cycling- Related Items:

Campmor
www.campmor.com

Eastern Mountain Sports
www.ems.com
Retail store at 591 Broadway, at
Houston St., Manhattan

LL Bean
www.llbean.com

Paragon Sports
www.paragonsports.com
Retail store at 867 Broadway, at
18th St., Manhattan

REI
www.rei.com

Local Bike Shops A Selection

Bicycle Habitat
244 Lafayette St.
New York, NY 10012
212-431-3315
www.bicyclehabitat.com

Spin City Bicycle Shop
110-50 Queens Blvd.
Forest Hills, NY 11375
718-793-8850
www.spincitycycle.com

Trek Bicycle Store of Brooklyn
1755 McDonald Ave.
Brooklyn, NY 11230
718-645-8735
www.trekofbrooklyn.com

Westchester Bicycle Pro Shop
2611 Westchester Ave.
Bronx, NY 10461
www.westchesterpro.com

*Bike Gift Ideas by
Arabelle Taggart*



1) Bike ornament, \$8. Bike Nashbar. www.nashbar.com



2) Ibera Stainless Steel Thermos. \$30. Keep your drinks warm in the cold. www.nashbar.com



3) Road ID, is always a good gift. \$20. www.roadid.com



4) Bike greeting card, \$4. www.cyclingcardshop.com



5) Helmet ornament, \$7. www.teamestrogen.com

Bicycles Bicycles



Redline R740 road bike, about \$900. One of the few bikes of its kind that has long-reach brakes & eyelets that accommodate fenders, as well as a rear rack for nearly all-weather road cycling. www.redlinebicycles.com



Seven Cycles has customized bicycles, mostly with quality titanium frames and options (e.g. larger head tube, pump pegs, eyelets for racks and fenders). This Alaris road bicycle, can be ridden for long distance, day trips and weekend trips. From \$3K. Send for a free glossy info packet from their website at www.sevencycles.com



Specialized Alex triple road bicycle, about \$880. A sleek racing bike good for quick spin rides and Montauk. www.specialized.com



Trek 7300 About \$650. Hybrid road bike, with step-thru "mixte" frame for women.



Trek 1.2 road bike. About \$880. An entry level bike for those starting out. www.trekbikes.com



Trek also makes the 1.2 for women. Also about \$880.

Bicycles Bicycles Bicycles



Funny name--the Surly Long Haul Trucker touring road bike, about \$1100. Choice of frames for 700mm or 650mm wheels. www.surlybikes.com/longhaul.html.



This Calfee road bike has a frame made of bamboo, which is just as good & durable as metal. Price for frames start at \$3K. Mountain bike frames available. Check their website at www.calfeedesign.com/bamboo.htm.



Trek Valencia hybrid road bike. With disc brakes. About \$750. www.trekbikes.com.



The venerable Trek 520 touring road bike. More than a few 5BBC members ride it for day trips, self-contained weekend trips, even a century or two (with narrower tires) About \$1320. www.trekbikes.com



New World Tourist road bike from Bike Friday. Can pack in regular size suitcase to avoid airport fees when traveling. From \$1K. www.bikefriday.com/newworldtourist



This custom hand-built touring road bike is made by local frame maker, Johnny Coast, from Brooklyn. One of several types he can build, with time. Visit his website at www.coastouttabrooklyn.com

Buying a Bicycle



A new bicycle isn't exactly a no-brainer. Selecting one requires taking time to think things out.

Here's some tips:

Ask friends about what kind of bikes they like to ride.

Test ride a prospective new bike when possible.

What kind of bicycle you want? Road, mountain, hybrid, etc.?

What kind of riding you want to do? Short or long rides, off road, self-contained touring, etc.?

How much money do you want to spend on a bicycle?

Research bicycles on the web: www.roadbikereview.com
www.bikeforum.net
www.cyclingforums.com

Bike company websites such as Trek and Specialized have info.

Read print bike publications with annual buyers guide around the Spring season, like *Bicycling* magazine (road & mountain and in between) and *Adventure Cycling* (touring bicycles.)

Visit several bike shops, with a friend, to check out a prospective future bicycle.

Bike fit is a very subjective topic. It's a very important thing when you buy a bike. There are various fitting systems (e.g. Serotta, worth investigating, at local shops such as Toga Bikes, Bike Habitat and Signature Cycles (www.signaturecycles.com))

Before closing the deal, ride the bicycle you plan to get, one more time to make sure.

Some bike shops give limited free brake & shifting adjustments, maybe discounts when you buy a new bike from them.

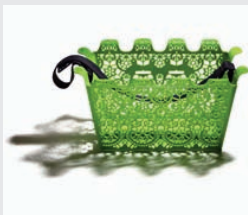
*Bike Gift Ideas by
Arabelle Taggart again!*



6) Santa-on-Mountain Bike ornament. \$11. www.teamestrogen.com



7) Mikro Man Off Road bike art sculpture. \$16. [Conran's. www.conranusa.com](http://www.conranusa.com)



8) Carrie Bicycle Basket, green. \$55. [Conran's.](http://www.conran's.com)



9) Talia Lempert bike art post-card set of ten. \$12. www.bicyclepaintings.com

If you have bike gift ideas for next year's 5BBC holiday bike gift guide, send an email to newsletter@5bbc.org

Alfredo Garcia
Editor
Bicycletter

Bike Clothing Suggestions



A



B



C



D



E



F



G



H



I

Jersey suggestions: A) Giordana Brooklyn jersey ~\$80 from Paragon, New York B) Hollywood Blonde jersey, \$65, Longs Cycling, www.longscycling.com C) Golden Gate Bridge jersey, \$80, www.bikingthings.com D) Kokopelli jersey, \$85, Longs Cycling E) Phebus ladies jersey, \$75, www.teamestrogen.com F) Vietnam flag jersey, \$85, Biking Things G) Route 66 jersey, \$85, Longs Cycling H) Transamerica jersey by Adventure Cycling, \$75, www.adventurecycling.org I) India "Kerala" jersey by www.farandawaycycling.com, \$60. Check for specific fit (form, club, loose, etc.) with shop.



Storm jacket, America by Bike, \$60. Off-the-bike wear. www.abbike.com



Pearl Izumi Quest short, for men and women. \$50. www.pearlizumi.com & local bike shops.



Pearl Izumi Thermafleece tights, \$66. For men & women.



Cool max jersey for ladies. \$25, by Adventure Cycling.



Regular (left, \$25) & long finger (right, \$40) Novara Lifeline bike gloves, for men & women. www.rei.com



Daisy Duke socks by DeFeet, for women. \$9. www.defeet.com

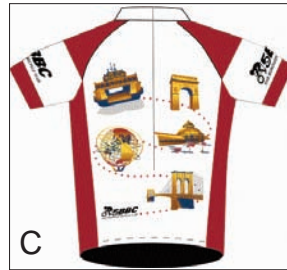


Interesting cycling tops: I -- Sugoi "Hans" jersey, 47% clothing bamboo fiber, \$55, from www.sugoi.com. II -- the Speedvest, measures your cycling speed. Not yet available. www.speedvest.com. PLUS: III -- EXCLUSIVE Hannah Montana denim bike helmet for kids, \$23 at Toys "r" Us. How about a Phil O'Reilly bike helmet for adults?



Preliminary quality picks: i -- Showers Pass Double Centurion rain jacket, \$120, www.showerspass.com ii -- retro USA 2008 bike vest, \$90, www.bikejersey.com; iii -- LL Bean Shebeest relaxed fit jersey for women, \$75. www.llbean.com

Tip: know the difference between "racing," "club," "form" and "relaxed" fit jerseys



Elite Jerseys: Here's an interesting selection-- A) Puerto Rico jersey and B) "Technology 09" jersey, \$95 each, from www.bikejerseys.com; C) Our own Five Borough Bicycle Club jersey, \$60, limited sizes. www.5bbc.org D) The "Arrestado" and E) "Foxy Lady" jerseys, \$95 each, both for women, from Hotvelociti.com; F) Jersey of the Bamboo Bike Project, \$75, from www.bamboobike.org; G) Barack Obama "Believe" jersey, \$95 and H) New Jersey Turnpike jersey, \$57 from bikingthings.com; I) Former 5BBC member Bonnie Hammer has her "Y-Hammer-It" five-year commemorative jersey, email bonnie@hammerized.com for details.

Bike Gift Ideas by Marian Cole



1) Castelli Pioggia rain jacket. Everything they make is so stylish. This one's in neon yellow, good for visibility.



2) Thermal waterproof tights.



3) Tekserve bike jersey--one thing I'll miss in NYC.



4) NiteRider Headlights



and NiteRider Tail lights.



5) Shimano SH-SD65 bike sandals for next summer.

Bike Gift Ideas by Susan Rodetis



1) Front and back Continental Grand Prix 4000 tires, 700X23, silver/black, \$55 each.



2) Garmin Edge 705 GPS device for cyclists, \$300-\$500. www.garmin.com



3) Performance Bicycle Gift card, various amounts. www.performancebike.com.

Worthy cycling-related organizations worth making donations and giving time to:

AfricaBikes
www.konabiketown.com

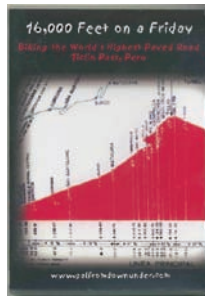
Bamboo Bike Project
www.bamboobike.org

Bikes for the World
www.bikesfortheworld.org

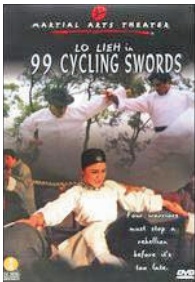
I Challenge Myself
www.ichallengemyself.org

International Bicycle Fund
www.ibike.org

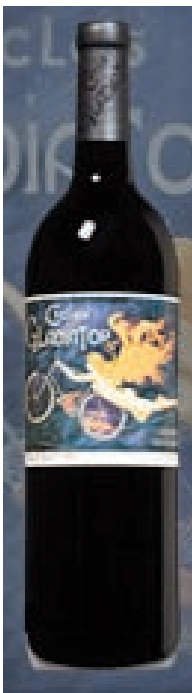
Recycle-A-Bicycle
www.recycleabicycle.org



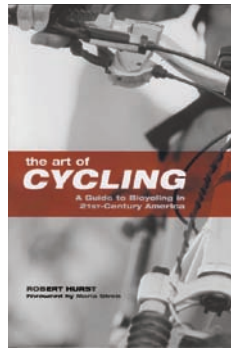
Lynette Chiang, with a simple digital camera, produced a short film of her Peruvian bike trip with a Bike Friday, in "16,000 Feet on a Friday." The number refers to the total hilly elevation she and her fellow cyclists rode. Includes visiting a child orphanage and dining on Cuy. \$20 & shipping. www.galfromdownunder.com/store & Bfold shop.



Most farical bike gift: the "99 Cycling Swords" martial arts film. Note: it has nothing to do with cycling, ha, ha, ha.



Cheryl Deitch suggested Syrah wine from Cycles Gladiator, bottled in California, \$15. In wine shops or visit www.cyclesgladiator.com



Robert Hurst's "The Art of Cycling" provides insight about urban riding, esp. about bike paths, bike lanes and cycling politics. \$15.



Regardless of creed, we can use all the help we can get. Get the Madonna del Ghisallo, Roman Catholic saint of cycling, on a medal necklace. \$26-\$31, Aquinas & More. www.aquinasandmore.com



Misco Home & Garden Bicycle Coco basket planter, \$20. www.target.com



After a bike ride, play a hand of poker or bridge with these limited edition playing cards from..... Bicycle Cards. This year, deal from a cycling Democratic Donkey or Republican Elephant deck. Independent Party set available. At grocery stores or drug stores, if you can find them. \$5-\$6.



Viva la France! Red Bicyclelette Pinot Noir red wine, \$10. This and other selections available at wine shops and www.redbicyclelette.com. Please drink responsibly and off the bike....



Make your own Tortellini pasta or Won Ton dumplings with the Marcato Pastabike, \$20. Comes with a set of treaded "wheels" for a sure cut. Available at some cooking stores and www.cutleryandmore.com.



Bike-A-Roni pasta, \$5 www.bikegift.net



Bicycle cookie cutter, \$3. www.cookiecutter.com



Go home & bake that two-wheeler! Cak'Art Bicycle Cake Pan, \$14. From www.cakesnkitchens.com. Unique cycling item made in Portugal. Bike Carrot cake, anyone?

DAY TRIPS, continued from page 8

to which shop, we'll still meet at Prospect Park. Bring lock and money for lunch at a local eatery. Rain, snow or ice at start cancels. Leaders: Richard Sanford and David Balzer.

Sunday, December 21, 2008

THE LOTTERY RIDE FOURTH CHANCE

9:00 AM, HI AYH, 65 miles

We will visit New Jersey and Connecticut in quest of winning Lottery tickets while not ignoring NY as well. The route is scenic, smooth, and invigorating; you're sure to love it. Last year Jesse won \$500 so obviously there's virtually no limit to the potential. Leaders: Rodney Millard and Jesse Brown.

FROSTBITE SERIES #3: XMAS IN THE CLOISTERS

10:00AM, City Hall, 25 miles

You don't have to be rich as Rockefeller to enjoy medieval art in a monastery setting atop Ft. Tryon Park. Bring lunch for Al Fresco or dine indoors (little pricey but good). Leaders: Ed DeFreitas and others

Thursday, December 25, 2008

TEANECK LUNCH

10:30 AM, Riverside Drive at W. 72nd Street (by "Eleanor Roosevelt" Statue), 30 miles

Everyone's got the day off so let's take a ride down tree-lined suburban streets over to Teaneck for lunch at a tasty kosher restaurant. We'll keep a moderate pace and on the way back we'll break the climb up over the ridge to the bridge into shorter pieces to make it easier. Afterward, everyone is cordially invited back to Dana's home for a Chanukah celebration with hot drinks and fresh hot homemade goodies. Bring lock, lunch money. Leaders: Dana Hudes and Jim Zisfein.

Sunday, December 28, 2008

FROSTBITE SERIES #4: XMAS LITES IN DYKER HEIGHTS AND DIM SUM

12:30 PM, City Hall, 20 miles

Brooklyn's Chinatown is no longer a secret. But, it's still a great destination when Dim Sum is desired. We'll have lunch at a popular Chinese restaurant. Then, we'll check out the Xmas lights atop Dyker Heights then. swing around back to Seventh Ave. On the way back, we'll take in the Manhattan skyline from Sunset Park. Leaders: Ed DeFreitas and others



Ghost bike in memory of the late Dr. Carl Nacht, 2006, on Manhattan's West Side, Hudson River Greenway.

Sunday, January 4, 2009

ANNUAL MEMORIAL RIDE TO FALLEN CYCLISTS

Various meet places, start times TBA

As in previous years, 5BBC will join the New York City Street Memorial Project and other cycling organizations to honor the cyclists who were killed in traffic on New York City Streets. The rides will visit the memorials (white-painted "ghost bikes" with commemorative plaques) created for each of the cyclists who died on NYC streets in 2008. Meeting places and start times were not available at press time; please check www.5bbc.org or the Day Trips line at 212-932-2300 x137 the week before this ride. For more information, please see www.ghostbikes.org/new-york-city. Leaders TBA

Sunday, January 11, 2009

FROSTBITE SERIES #5: NEW YORK BOTANICAL GARDENS

10:00 AM, Plaza Hotel, 30 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. Bring a digital camera, lock, \$ for lunch, \$6 admission to the grounds, \$20 for the show and grounds; some discounts available. See www.nybg.org for show details. Leaders: Ed DeFreitas and others.

Unconventional Cycling

Bike Polo



In the sport of Polo, people use mallets to hit balls and horses are ridden as an equestrian version of soccer, Bike Polo has players doing the same thing, except they ride bicycles. Games are played in Lower Manhattan's Sara D. Roosevelt Park. For more exciting information to get involved, visit the New York Bike Polo website at www.nycbikepolo.com. P.S. Elephant Polo, anyone?

Unicycling



Astonishing, skilled unicyclists, who balance and ride with just one wheel, have been seen cycling (and finishing) on the BQE at the Five Boro Bike Tour and over the Brooklyn Bridge during the TA Century. With enough practice, confidence and encouraging like-minded comradery, **YOU** can become one of them. The New York Unicycle Club meets twice a month at Manhattan's Grant's Tomb. For more information, visit the club's website at www.newyorkunicycle.com

Bike Events on Tap

SPECIAL MENTION: Holiday Rides by Trudy Hutter

TIME'S UP!
LIGHTS IN THE HEIGHTS,
SUNDAY, DECEMBER 21, 2008
(Rain/snow date is Sun., Dec 28)
Approx. 25 miles round trip.

Join us for a fun and leisurely ride to see the "miracle mile" of Christmas Lights and decorations in Dyker Heights, Brooklyn. The spectacular displays draw 150,000 visitors a year who come from as far away as Japan. So come prepared with bicycle bells ringing to the tune of Jingle Bells.

Meet 4:00 PM in Manhattan, across from the bicycle entrance to the Brooklyn Bridge (by City Hall, Centre St. betw. Chambers & Spruce Streets). OR Meet at 4:45 PM in Brooklyn, 3rd St & Prospect Park West. **BRING FRONT AND REAR LIGHTS SINCE THIS IS AN EVENING RIDE!**

THE WEEKDAY CYCLISTS
3rd Annual CHRISTMAS DAY RIDE & CHINESE BUFFET LUNCH,
THURSDAY, DECEMBER 25, 2008

Meet: 10:00 AM, Northeast corner of 60th St. & First Ave., Manhattan

Bring: Two spare inner tubes; bicycle lock (don't count on using someone else's); bicycle frame pump; Money for lunch Water to drink; A helmet (wear it)

A fun ride to Flushing, Queens, for a magnificent Chinese buffet lunch at the East Buffet & Restaurant. The cost for the Christmas Holiday buffet is approx. \$25-\$30. After lunch we'll take the long route back to Manhattan. Approx. 30 miles. Expected time of return is around 4 PM. Pace is 13/14 mph.

NOTE: This ride is limited to 20 participants. Call or email Trudy at (212) 838-2141, (trudyth@aol.com) to put your name on the list. Give your full name and telephone number.

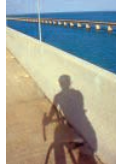
For more information on these rides, please visit the www.WeekdayCyclists.org web or email to TWCinNYC@aol.com.



Bike Events on Tap



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



Miami-Key West Smart
Ride 14-15 Nov. 2008
www.thesmartride.org



4th Annual Ghost Bikes
Memorial Ride
Sun. 4 Jan. 2009
www.ghostbikes.org/new-york-city
Note: there's a 5BBC lead-in ride also. Check day trips for details.



Bike New York
Five Boro Bike Tour
Sun. 3 May 2009
www.bikenewyork.org



49th Annual Five Borough
Bicycle Club Montauk Century
Sun. 17 May 2009
www.5bbc.org/montauk



Transportation Alternatives
NYC Century Tour
Sun. 13 Sept. 2009
www.nyccentury.org

MAUI BICYCLE CLUB

South Maui Bicycles
Maui Century Ride, 25-100 miles
Sun. 23 Nov. 2008.
www.stirflux.com/smb/events/index.htm



Hosteling International San Diego
Christmas Bike Ride 26-31 Dec. 2008.
www.sandiegohostels.org/bike.shtml



Times Up! New Year's Eve Party Ride
Wed. 31 Dec. 2008
www.times-up.org/index.php?page=new-years-ride



Chicago Bike Winter (Illinois)
Cold winter cycling in the Windy
City. www.bikewinter.org



Lighthouse Cycling Tour Puerto Rico
5-9 Feb. 2009
www.lighthousecyclingtour.com



5th Annual Handmade Bicycle Show,
Indianapolis. 27 Feb.-1 Mar. 2009.
www.handmadebicycleshow.com



Velo-City
Brussels, Belgium
May 12-15. 2009
www.velo-city2009.com



12th Annual Le Cirque du Cyclisme
5-7 June 2009, Leesburg, VA
www.cirqueducyclisme.com/

Important Note:
Listings of these events on this page that are not sponsored by the 5BBC do not constitute or imply endorsement by the 5BBC.

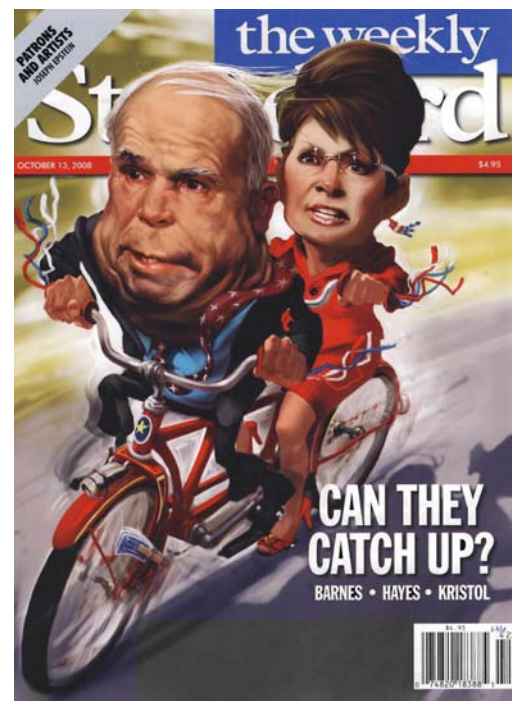
5BBC Milestones Moving to the Northwest



Marian Cole (center) during a 5BBC Manhattan perimeter ride. Photo by Joe Candelaria

A 5BBC member for a good number of years, Marian Cole is moving from the Big Apple to Seattle, Washington State. "I belonged for a while but didn't really go on a lot of rides regularly until the end. I wish I had gone more! I loved the Beach Bums rides and probably went on most of them this year. Everybody was so friendly and laid back."

The 5BBC wishes Marian the best of luck and enjoy more cycling in the Emerald City.



Cycling caricature: Republic presidential candidate John McCain and vice president candidate Sarah Palin attempting to overtake presidential opponent Barack Obama, in a magazine cover.

Nathaniel's Hook

Saturday, Oct. 18, 2008 *A 5BBC Day Trip Led by John T. Chiarella*



Cheerful leader John with roses.



At the grave of Babe Ruth, Gate of Heaven cemetery, Hawthorne, New York.



South County Trailway



Potatoes morphing into skulls, V.E. Macy Park, Ardsley, New York.

Photos by John T. Chiarella. For the complete album, visit John's pbase site at <http://www.tinyurl.com/673ytf>



Westchester County Department of Planning map of trailway. Download electronic map via www.westchestergov.com/Parks/pdfs/Maps/Trailways/SCTrail.pdf.



Awesome view of Nathaniel's Hook through the "Leaf Peeper's Paradise."

NATHANIEL'S HOOK (OUR FALL COLOR RIDE!)

9:45 AM, Conveniently starting from 242 & Broadway (Van Cortland Park) and returning to Woodlawn (the last stop on the #4 train). 40-45 miles. (the flattest Westchester ride ever) Help inaugurate a new, original ride by 5 BBC Ride Leader John Chiarella deep into lower Westchester County where he will deftly demonstrate "Nathaniel's Hook" for your personal edification....

"A remarkable sojourn of my own devising over a new and unique closed circuit, ladies and gentlemen, much of which will be amidst bucolic splendor and all of which will be pedaled over fully-Macadamized surfaces in order to enhance your riding experience...

It has been estimated by means of the most up-to-date scientific devices and methods that the day's course will feature 68.3% off-street riding.

There will be "B-paced" cycling and the opportunity for participants to purchase / consume a mid-day repast will be presented. Weather conditions will dictate "dine-in-restaurant" or "purchase-ride-dine al fresco with a legend" options at the Leader's sole discretion..

Newbie riders with untried legs and untested machines are strongly urged to seek the day's entertainment elsewhere.

SEE!: Potatoes that morph into lifeless skulls!

SEE!: The enormous 8-ton typo!

SEE! A professional magician demonstrate the world record for holding one's breath!

SEE!: Yourself dining with a legend or two...but no "2" !

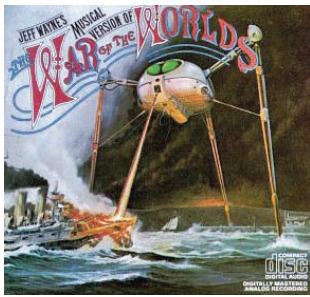
SEE!: A crummy restaurant in a Scandinavian paradise and a handball court that dwarfs that of the ancient Mayan city of Chichen Itza!...and all within the space of 2 minutes time!

SEE!: A Finger screwed to a bench!

RIDE!/: The amazing "Lightning Loops"!"

War of The Worlds!--Sunday, Oct. 26, 2008

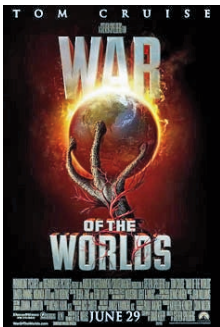
A 5BBC Day Trip Led by Ted M. Kushner, photos by Cheryl Deitch.



WAR OF THE WORLDS!

8:30 am, Penn Station, 8th Ave at W. 31st Street; or approx 9:45 am, 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.



Poster of the 2005 film by Steven Spielberg and starring Tom Cruise.



Phil, Cheryl and Richard at the South Amboy start.



Well-equipped Martian alien cyclist, AKA Bob Castro, ready to ride.



After reading the intro to H.G. Wells' War of the Worlds, Leader Ted Kushner gets started.



Getting closer and closer, on quiet roads and Autumn foliage



Grover Mill, West Windsor Township, NJ, where the Martians were believed to have landed in 1938.



Detail, 'War' monument with Orson Welles broadcasting radio show.



Ed and Liz off the Twilight Zone.



Ted and group posing with the 'War' monument, Van Nest Park, where the Martians allegedly invaded. Orson Welles's broadcast (from New York) was very convincing.



The group listens to recording of Orson Well's broadcast, from Oct. 30, 1938.



The recording was too real. Everyone asked Ted to get them out of there, doing a Quick Spin back to the start...



Watch the skies, everywhere! Keep looking. Keep watching the skies!

Unusual Cycles



This lovely lady rides a Bella Bike, which is a tricycle. Built in the Netherlands, these trikes comes in various styles and colors. They're basically used for commuting, cargo transportation and carry young children. www.bellabike.com.



Half way around the world in China, a resourceful Beijing woman buys a sofa. Instead of getting convenient delivery by truck, she carts out a sturdy tricycle and pedals it home. Thanks to Rhonda Wittorf for this gem.



Monowheels, although they haven't caught on with cyclists, have existed since the 1860s. Unlike the unicycle, the rider pedals *INSIDE* the wheel. They were seen at the closing ceremonies of the 2008 Beijing summer olympics. Visit the related website www.dself.dsl.pipex.com/MUSEUM/TRANSPORT/motorwhl/motorwhl.htm



The Japanese retail company Muji, design products based on minimalist principles, with little waste, nearly no packaging and no brand name, no advertising, save word of mouth. This functional Muji bicycle, with fenders, stand, racks and lights is no different, though not sold in America. Visit the related weblink: www.dinosaursandrobots.com/2008/10/muji-bicycles.html



Thanks to our own John Chiarella who saw this on the web, the Mundo cargo bike, made by Yuba, a German bike company, is used for non-racing, utility purposes. A larger frame and larger wheelbase allows more rear cargo space. Website: www.yubaride.com



MINUTES OF THE JULY 14, 2008 BOARD MEETING

Board Members Present: Jesse Brown, Ed DeFreitas, Beth Katz, Alfredo Garcia, Andrea Mercado, Steven Faust, Ed Pino, James Zisfein, Bob Castro, Ted Kushner, Ed Ravin

MOTION by Ed Pino (Andrea Mercado second) To disband the extant Audit Committee. Motion passes 5-3-1. RESOLUTION It is resolved that the extant Audit Committee is disbanded forthwith.

MOTION by Ted Kushner (Ed Ravin second) To donate \$200.00 to "Walkway over the Hudson" Motion passes 7-0-0. RESOLUTION It is resolved that the Club will donate \$200.00 to "Walkway Over the Hudson"

MOTION Ed Pino (Ed DeFreitas second) To donate \$75.00 to The Syosset Fire Dept. Motion passes 8-1-0 RESOLUTION It is resolved that the Club will donate \$75.00 to the Syosset Fire Depart.

MINUTES OF THE AUGUST 4, 2008 BOARD MEETING

BOARD MEMBERS PRESENT: Jesse Brown, Daniel Lieberman, Rhonda Wittorf, Andrea Mercado, Beth Katz, Bob Castro, Ed Pino, Liz Baum, John Chiarella, James Zisfein, Fred Dieckamp, Ed DeFreitas, Leila Rinehart, Alfredo Garcia.

MOTION By John Chiarella; Rhonda Wittorf 2nd --To advance Dana Hudes from Co-Leader to Leader notwithstanding "2-3 ride rule" issue. Motion defeated: 0-12-1

MINUTES OF THE SEPTEMBER 8, 2008 BOARD MEETING

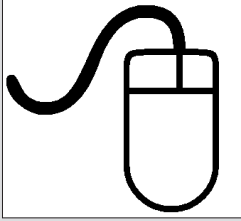
Board Members Present: John T. Chiarella, Ed DeFreitas, Alfredo Garcia, Jesse Brown, Andrea Mercado, Jim Zisfein, Ed Pino, Liz Baum, Daniel F. Lieberman, Barry Hartglass, Steve Faust, Bob Castro, Leila Rinehart, and Fred Dieckamp.

MOTION by Ed Pino (Bob Castro 2nd) "To authorize the Board to submit a Letter of Intent to Bob Bagomolny to have him run The 5BBC's 2009 Montauk Century (specific contract points notwithstanding)" Motion carries 9-0-2 RESOLUTION "The Board will submit a Letter of Intent to Bob Bagomolny to hire him to run The 5BBC's 2009 Montauk Century (spec. contract points notwithstanding)."

MOTION by Ed Ravin (2nd Fred Dieckamp) "To direct the President to reconstitute the Audit Committee and to have them submit a written report within 30 days detailing all activity through 9/1/08." Motion carries: 6-5-1. RESOLUTION "The President is directed to reconstitute the Audit Committee and to have them submit a written report within 30 days detailing all activity through 9/1/08."

MOTION by Ed Ravin (Ed Pino 2nd) "To table discussion of E-Voting pending further research on the subject matter." Motion carries: 11-2-0. RESOLUTION "Discussion of E-Voting is tabled pending further research on the subject matter."

MOTION by Ed Pino (2nd John Chiarella) "To change the status of Dana Hudes from Co-Leader to Leader" Motion fails 0-9-3



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



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www.abbike.com



Visit www.hotvelociti.com, owned by 5BBC member Jen Benepe, cycling clothing for the holidays.

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Arabelle Taggart photo



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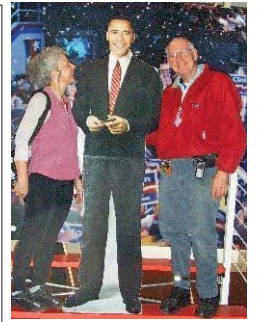
Individual Psychotherapy/ Family counseling
12 Steps/Codependancy/ Hypnosis/Stress reduction



This bike was successfully sold with minimal internet connections via the pages of this Bicycletter. If you have a bike to sell, email us at: editor@5bbc.org. Thank you.

5BBC Milestones

Emmanuel Sanford, 93, passed away late Oct. He was the father of 5BBC leader Richard Sanford (photo seen on the right, with fellow 5BBC leader Susan Levine and President-Elect Barack Obama) Mr. Sanford was 93 and was married to Sanford's mom for 73(!) years. We at the 5BBC give our condolences to Richard and his family.



5BBC member Dan Bach, left, with wife Lisa, finished running the New York City Marathon, on Sun. Nov. 2. He finished the course in 4 hours, 40 minutes and 2 sections. The 5BBC congrats Dan and hope he run and finish future marathons as well as cycling with us on our day trips.



Renew Your 5BBC Membership!



Brian Hoberman photo

Phil O'Reilly is a new man. He renewed his 5BBC membership. How about you? See page 26 for details.



Announcing the 2008 Holiday Party
For Members & Their Guests



Woolworth Tower Kitchen
233 Broadway, New York, NY
Entrance on Barclay St.



Saturday, December 13, 2008 - 8:00 p.m. to 11:00 p.m.

Advance Reservations \$25 per person

\$40 per person at the door if space is available

Hot Buffet with Vegetarian and Non Vegetarian selections



Soda, Wine and Beer, Coffee and Desert included - Liquor available Cash Bar

Reserve your place today via Active.com (see 5BBC.org for link) for a small handling fee or you can mail the form below with a check payable to Five Borough Bicycle Club, 891 Amsterdam Avenue. Suite 002, New York, NY 10025.

Indoor Bicycle parking is available. The Restaurant is Handicapped-Accessible.
If you have any questions, concerns or special needs (small children, financial need, etc.) Please email Programs@5bbc.org or call us at 212-932-2300 X115.



5BBC 2008 Holiday Party Reservation

Name (s) _____

of Reservations _____ x \$25.00 = \$ _____

Address _____

Phone _____ Email _____

This form & payment must be received in the club office by Wednesday, December 10.



The Five Borough Bicycle Club wishes all a Merry Christmas, Happy Hanukkah, Happy Kwanza and other happy celebrations to your heart's content. Let us look forward to a meaningful New Year. Let's not be discouraged by hard times, cynicism and uncertainty. There will always be the strength within ourselves to overcome, to reach for something good over the horizon, whether we are on or off our bikes. Please have faith. And of course, ride with the Five Borough Bicycle Club, whether it is a day trip and/or a weekend trip. Engage us. Thank you.



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



Bike Parking Survey

Hello Fellow Cycling Enthusiast,

I am part of a start up company called Bike Stop NYC and we are trying to reach people who commute to work via bike and also people who just love to ride. We are collecting data to raise capital so that we can be a green & safe solution to bike parking in NYC. Please pass this on to anyone you know that would be interested in participating.

Please do not hesitate to contact me if you have any questions. Take the survey on:

www.bikestopnyc.com

Thanks!
Caroline Samponaro
Bike Stop NYC

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.

2008 Holiday Party

Members Only, \$25 each\$_____

Weekend Trips

Name of Trip _____

Number of Trippers _____ \$_____

See trip listings for prices. For insurance reasons you must be a 5BBC member to join a weekend trip.

Bike Course - Name of Class _____

Date of class _____

Members \$20, Nonmembers \$30 each\$_____

Five Icon Jersey

Indicate quantity and size.

____ Men (Circle One)..... XXXL

____ Ladies (Circle One) 8..... 10..... 12..... 14

Members \$60, Nonmembers \$75 each\$_____

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

____ Men (Circle One)..... XXL..... XXXL

____ Ladies (Circle One) M..... L..... XL

Members \$40, Nonmembers \$50 each\$_____

5BBC Patches

____ @ (Members \$4, Nonmembers \$6 each)\$_____

Total Payment.....\$_____

Make check or money order payable to **5BBC** and mail to:

**Five Borough Bicycle Club
891 Amsterdam Avenue
New York, NY 10025**

Rev. 10/21/08

5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. Thanks to Kent Mark and Leila Rinehart for expanding this list for **5BBC members like you.**

Flash your 5BBC

Membership Card at these Bike Shops

BRONX

Westchester Bike Pro Shop

2611 Westchester Ave.
Bx, NY 10461 718-409-1114
www.westchesterpro.com

BROOKLYN

Bay Ridge Bicycle World

8916 3rd Ave. Bklyn, NY 11209
718-238-1118
www.bayridgebikes.com

Bicycle Station

560 Vanderbilt Ave
Bklyn, NY 11238 718-638-0300

Fulton Bikes

1580 Fulton Street
Bklyn, NY 11213 718-778-2887

On The Move

400 7th Ave.
Bklyn, NY 11215 718-768-4998

Roy's Sheephead Cycles

2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop

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

MANHATTAN

A Bicycle Shop

163 W 22 St. NY, NY 10011
212-691-6149 a-
www.bicycleshop.com

B-Fold (Folding bikes)

224 E 13th St.(2nd-3rd Aves)
NY, NY 10003 212-529-7247
www.bfold.com

Bicycle Habitat

244 Lafayette St
NY, NY 10012 212-431-3315
bicyclehabitat.com

Bicycle Renaissance

430 Columbus Ave.(81st St)
NY, NY 10024 212-724-2350
www.bicyclerenaisance.com

Champion Bicycles

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

Chelsea Bicycles

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

City Bicycles

315 W 38 St NY, NY 10018
212-563-3373
www.city-bicycle.com

Conrad's Bike Shop

25 Tudor City Place
NY, NY 10017 212-697-6966

Continuum Cycles

199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785
www.continuumcycles.com

Gotham Bikes

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

Larry & Jeff's Bicycles Plus (1)

1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
www.bicyclesnyc.com

Buddy's Schwinn Bicycle

79-30 Parsons Blvd
Flushing, NY 11366
718-591-9180

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com
Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
www.visentinbike.com

WESTCHESTER

Bicycles Unlimited

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

Pelham Bicycle Center

109 Wolfs Lane
Pelham, NY 10803
914-758-3338
www.pelhambikes.com
Sierra Cycles
46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles

243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576
www.baybrookbicycles.com

College Street Cycles

252 College St.
New Haven, CT 06510
203-865-2724
www.collegestreetcycles.com

Newington Bicycle

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

NEW JERSEY

Bicycle Tech

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

Bicycle Workshop

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

Marty's Reliable Cycle

173 Speedwell Ave.
Morristown, NJ 07960
973-538-7773
www.martysreliable.com

Strictly Bicycles

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



Larry & Jeff's Bicycles Plus (2)

1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201
Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500
www.metrobicycles.com

NYC Velo

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

Sid's Bike Shop

235 E 34th Street NY, NY 10016
212-213-8360
www.sidsbikes.com

Victor's Bike Repair

4125 Broadway (174 St)
NY, NY 10032 212-740-5137

QUEENS

Arc De Triomphe Bicycles

114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
718-846-2099

Bellitte Bicycles

169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795
www.bellbikes.com

Bicycle Barn

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

Bike Stop

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

Bill's Cyclery (1)

63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
www.ubuybikes.com

Bill's Cyclery (2)

108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Peak Mountain Bike Pro Shop

42-42 235th Street
Douglaston, NY 11363
718-225-5119
www.peakmtnbike.com

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850
www.spincitycycle.com

Spokesman Cycles

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

LONG ISLAND

The Bicycle Planet

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

Bike Discounters (1)

2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230
www.thebikeoutlet.com

Bike Discounters (2)

287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center

1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100
www.brandscycle.com

Carl Hart Bicycles

620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850
www.carlhart.com

Sayville Bike Works

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

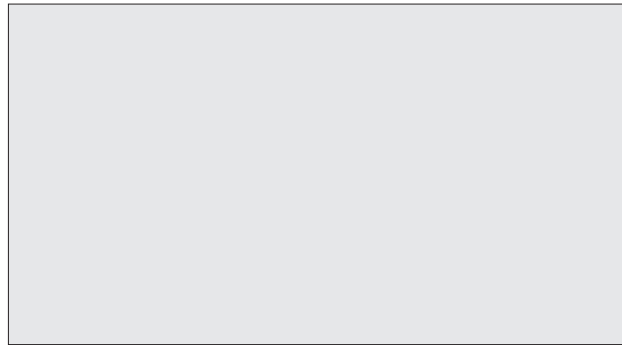


c/o Bike New York
891 Amsterdam Avenue, Room 002
New York, NY 10025-4403
www.5bbc.org

Address Service Requested



5BBC Vice President Andrea Mercado at the MS-NYC bike event, as a ride marshal, Sun. Oct. 5, 2008.



Please renew your 5BBC membership,
which expires on December 31, 2008.
Thanks!

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 January-February 2009 issue is:

Monday 1 December 2008

Bicycletter
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Contacting Us

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

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

After you press 1,
for information you may:
Press 1 - Membership
Press 2 - Day Trips
Press 3 - Weekend Trips
Press 4 - Special Events
Press 5 - Bicycle Courses

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

E-Mail: info@5bbc.org
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.