

# B I C Y C L E € € R™

Bi-Monthly Publication Of The Five Borough Bicycle Club  
January - February 2009  
www.5bbc.org

## The Ride that Changed My Life (and maybe yours?)

When I got out of college a bit over twenty years ago, I found myself going on a bike ride, listed by the "Bicycle Committee of the Metro New York Council of American Youth Hostels (AYH)."

The ride was simply entrancing. I didn't know that it was just "the standard Piermont ride", going up on 501 and returning via Tallman Mountain State Park and 9W. For me, it was an amazing experience - a long, scenic bike ride on lightly trafficked roads, no pressure to ride at a specific pace, occasional stops to catch my breath and to hear brief history tidbits about the local area, and a pair of friendly leaders who put everyone in the mood for a wonderful time.

That ride changed my life - I realized that I had to spend more time on the bike, and more time riding with other people. I began going on club rides nearly every weekend. Those rides took me to many fascinating places that I never would have found on my own. And not long afterwards, I signed up for the leadership class, so I could provide that same experience for others.

It's twenty and a few years later, and I've just been entrusted with a new leadership post, namely President of the 5BBC. Although we've changed dramatically since 1986, we're still in the business of running day rides and showing people how to bike around the NYC area with a dozen or two friends for the day.

But in order to stay in that business, we need to adapt with the times. For 2009, the Club will be focusing on these priorities:

- Outreach - since the Club's first steps towards independence from AYH in 1990, our historical weakness has been in recruiting new members. We need not only to increase our membership, but even more important, make outreach and recruitment a routine, ongoing effort.
- Leadership - there's an old saying that "good leaders train their own replacements." We need to get more volunteers involved in running the Club's business, and promote them through the ranks. With your help, I hope that a majority of the current Executive Board, including myself, can happily step down two or three years from now.
- Montauk Century - the success and growth of this annual event has also caused strife and burden within the Club. Finding volunteers to manage the ever-increasing workload has been getting more difficult every year. It will be a real challenge to address this, and we'll need all the help we can get.

And speaking of help, that's where you come in. The Club has always run on volunteers, and we're always in need of more of them. If you can help out in any way, or have suggestions on how we can do things better, please don't be shy - write to [president@5bbc.org](mailto:president@5bbc.org) or call me at (718) 796-3137.

Sincerely,  
*Ed Ravin*  
President  
Five Borough Bicycle Club



**5BBC donates 5K to  
Recycle-A-Bicycle!**



Details & more inside

*Please renew your 5BBC  
membership. Thanks.*



## 2009 Executive Board

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

COVER: 2009 President Ed Ravin at the 5BBC Holiday party, Sat. 13 Dec. 2008. Photo by Alfredo Garcia



## Mon., Jan. 12, 2009 An Evening of Upstate New York Rides

### • Cycling the Erie Canal [www.ptny.org/canaltour](http://www.ptny.org/canaltour)

Mary O'Neill, Caryn Greenberg & Friends will talk about their fun experiences cycling this Empire State bike tour. Also scheduled is Robin Dropkin, Executive Director of Parks and Trails, New York (PTNY), the sponsor of the annual event. She will discuss the PTNY, a non-profit organization, advocating for NYS parks, greenways & trails.



### • The Bon Ton Roulet [www.bontonroulet.com](http://www.bontonroulet.com):80

Another annual fun NYS bike event, discussed by our own Debbie Friedman (above, left) with Bon Ton Roulet tour director Al Hastings.

## Mon., Feb. 9, 2009 An Evening Discussion on Volunteerism & A Preview of 5BBC Weekend Trips

• Our own Steve Sakson and other 5BBC members will discuss their unique volunteer experience helping to build a home in New Orleans, last October 2008 via Habitat for Humanity ([www.habitat.org](http://www.habitat.org))

• John Campo will talk about developing teenage track racers at the Kissena Cycling Club in Queens ([www.kissena.info](http://www.kissena.info)) He was profiled as well as the Kissena velodrome in a Bicycling Magazine article called "Track of Dreams."

• 5BBC Weekend trips coordinator Fred Dieckamp & several leaders will discuss the 2009 weekend trip offerings.

## 5BBC General Meetings

Presented by  
*Barry Hartglass*  
5BBC Programs



The Ride The Erie Canal "Gang of Four" (L-R) Bill Schwarz, Mary O'Neill, Caryn Greenberg and Phil O'Reilly.

*The Jan. & Feb. meetings will be held at the American Youth Hostel Building, 891 Amsterdam Ave., (103rd St.), Rm. 111, 6:30PM. Subway: 1 to 103rd St.*



This sincere group at St. Bernard Parish help build a home



John Campo of the Kissena Cycling Club

For more info on the meetings, visit [www.5bbc.org/events](http://www.5bbc.org/events) and/or send an email to Barry, at

[programs@5bbc.org](mailto:programs@5bbc.org)



## Bike Access to Trains

### New York City Subway

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

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

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

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

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

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

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

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

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

### Port Authority Trans Hudson (PATH)

A permit is no longer required, but there are restrictions. 5BBC trips that use PATH, usually rides on weekends and holidays. For more info, please call (800) 234-PATH or visit [www.panynj.gov/path/pathrules.htm](http://www.panynj.gov/path/pathrules.htm)

## Meeting Places for 5BBC Rides

Note: W runs weekdays

### Bridgemarket (Plaza)

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

### 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.

### Grand Concourse & Fordham Rd.

Bronx--Subway: D to Fordham Rd.

### 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.

### Kew Gardens

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

## RE: Cycling

Thanks to all the leaders for providing a wonderful schedule which I am proud to present. There are plenty of rides to choose from for all different levels. If you are new to the club, why not try a Happy Face ride as a first ride? If you need a challenge, check out the Sunday Temperature Regulator rides or other Quick Spins. Remember to check the bulletin board and website for any weather related cancellations and newly added rides.

I would also like to remind all of you to join this year's annual Ghost Bike Ride on Sunday, January 4th. This is an

important memorial to all cyclists who have lost their lives this

past year. This year the club has four separate rides taking you directly to factions of the main memorial ride. Please check the website for further information.

And don't forget the obvious. Dress for the winter, drink plenty of fluids and please be careful out there.

*Andrea Casertano*

*5BBC Daytrips Coordinator*

**Thursday, January 1, 2009**

☺ **POLAR PANCAKE RIDE**

**9:30 AM, City Hall, 10-12 mph, 25 miles**

Cold enough for you? Let's take a ride through Brooklyn to join the Coney Island Polar Club for their traditional New Year's Day celebration in Coney Island benefiting Camp Sunshine for children with serious illnesses and their families. Along the way we'll stop for brunch at a kosher restaurant in Flatbush for scrumptious pancakes and waffles then head down to the boardwalk in time for us to watch the Polar Bears to take their swim at 1 PM. We'll return to City Hall Park before 3:30 PM. More about the Polar Bears at [www.polarbearclub.org/](http://www.polarbearclub.org/) More about Camp Sunshine at [www.campsunshine.org/](http://www.campsunshine.org/) Bring brunch money, a lock and dress for the weather. (Advance cue sheet may be available to 5BBC members upon request by email to [dhudes@hudes.org](mailto:dhudes@hudes.org) after Dec. 27)

Leaders: Dana Hudes and Ed Defreitas.

**Sunday, January 4th, 2009**

**4TH ANNUAL MEMORIAL RIDE**

Today marks the 4th Annual Memorial Ride for cyclists and pedestrians killed by cars in New York City. Riders will start from



## 5BBC Day Trips January-February 2009

locations in the Bronx, Queens, and Brooklyn and converge in Lower Manhattan for a gathering of cyclists,

pedestrians, families and friends. The complete Memorial Ride schedule is posted here: [www.ghostbikes.org/events](http://www.ghostbikes.org/events)

5BBC strongly supports the Memorial Ride and encourages everyone to participate in lieu of our regular schedule.

The 5BBC has organized the following feeder rides to join with spokes of the Memorial Ride:

**9:30 AM, HI / AYH**, to join with the Bronx ride. Leaders: Alfredo Garcia & Jim Zisfein.

**10:00AM, Kew Gardens**, to join with the Queens ride. Leaders: Liz Baum & Ed Pino.

**10:00AM, City Hall**, to join with the Brooklyn ride. Leaders: Terry Chin, Ed Defreitas and Dana Hudes.

**9:00AM, Grand Concourse at Fordham Rd.** to join the Bronx ride. Leaders Jesse Brown and Rodney Millard.

**Saturday, January 10, 2009**

☺ **CONCRETE IDEAS RIDE**

**9:30 AM, Plaza Hotel, 30 miles**

We've got some concrete ideas to help our new President cement relationships with world leaders. How about an extra eagle on the White House lawn to show our strength? Maybe, a concrete lion to welcome Chinese leaders? Why not give a Greek column to an



up and coming leader to show that we too started from humble beginnings? We'll visit Andre's Pre-Cast baluster factory in Jamaica, Queens to see how any American home can end up looking like a national treasure. Bring lock and money for lunch at a local eatery. NOTE: BRING METRO-CARD in case we combine a train ride to jump start some distance in cold weather. Rain, ice or snow at start cancels. Leaders: Richard Sanford and Phil Goldberg.

**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](http://www.nybg.org) for details. Leaders: Ed DeFreitas and others.

**THE TEMPERATURE  
REGULATOR RIDE  
8:30AM White Plains  
Rd. on the southeast  
corner at Pelham  
Pkw. (Pelham Pkw stop on  
the #2 subway line).  
Quick Spin 16.5+  
mph, 40+ miles**

This is a series of Quick Spin rides through February. We will be using several different routes to White Plains N.Y. in Westchester County a particularly bike friendly community with lots to offer; you'll eat well and enjoy yourself given the diversity available. The round trip will generally be about 40 plus miles and experience teaches you won't feel a thing that isn't beneficial (get in shape /stay in shape). There are plenty of bailout options available. Leaders: Rodney Millard and Jesse Brown.

**Saturday, January 17, 2009**

☺ **A WINTER'S RIDE TO FILLMORE'S  
10 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.

**Sunday, January 18, 2009**

☺ **FROSTBITE SERIES # 6 RIDE TO  
GARIBALDI / ALICE AUSTEN (SI)  
9:45 AM, City Hall, 10:15Am South Ferry,  
11:00 am St George, 30 miles**

Get transported again on the Staten Island Ferry for scenic riding. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related web [www.aliceausten.org](http://www.aliceausten.org). Don't worry about Giuseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders: Ed Defreitas & TBA.



Josh Gosiak on a "wave" to the Wave Hill ride, Nov. 29, 2008. Photo by Ken Coughlin.

**THE  
TEMPERATURE  
REGULATOR RIDE  
8:30AM White Plains  
Rd., Pelham Pkw.  
(Pelham Pkw stop,  
#2 subway) Quick  
Spin 16.5+ mph, 40+  
miles**

This is a series of Quick Spin rides through February. We will be using several different routes to White Plains, NY in Westchester County, a particularly bike friendly community with lots to offer; you'll eat well, enjoy yourself given the diversity available.

The round trip'll generally be 40+ miles & experience teaches you won't feel a thing that isn't beneficial (get in shape/stay in shape). There are plenty of bailout options available. Leaders: Rodney Millard & Jesse Brown.

**Saturday, January 24, 2009**

**BREEZING TO BREEZY POINT  
9:30 AM. Kew Gardens @ Union  
Turnpike & Queens Blvd. @ the Statue of  
Civic Virtue. 30 miles**

Travel unto the Belt Pkw bikeway and then head over the Gil Hodges bridge to Breezy Point. We'll return through Rockaway and over the newly paved Cross Bay bridge. After

**Meeting Places for  
5BBC Rides**

Note: W runs weekdays

**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.

**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.

**White Plains Rd. & Pelham Parkway (Southeast corner), Bronx. Subway: 2 to Pelham Parkway**

For a comprehensive list of ride locations, visit:

[www.5bbc.org/meetingplaces.shtml](http://www.5bbc.org/meetingplaces.shtml)



Hot chocolate on bike water bottle cage. Photo by Arabelle Taggart.





Bike Rat Patrol, Iraq--in jest

**IMPORTANT CYCLING NOTE #1**

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

**IMPORTANT CYCLING NOTE #2**

As the weather gets 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](mailto:newsletter@5bbc.org) to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & 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.

**Member Exculsive**  
Get the electronic & expanded edition of the Bicycletter on PDF, in color, on [www.5bbc.org/bicycletter](http://www.5bbc.org/bicycletter)

our return we'll eat at Metro Cafe on Metropolitan Ave in Forest Hills. Average pace of 15 mph. Dress appropriately, bring spare tubes and money for lunch. Leaders: Dennis Griffin & Ira Najowitz.

**Sunday January 25, 2009**

☺ **FROSTBITE RIDE #7: UNCLE GEORGE'S, 10AM, CITY HALL, 30 miles**

Ride into the borough that brought the Club the likes of Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto. That would be Queens. Feast on Greek cuisine in Astoria. We'll have excursions to Socrates Sculpture Park and other waterfront delights on the east channel of the East River. Maybe an aerial ride back to Manhattan. Bring a lock, \$ for lunch and a camera.

Leaders: Ed Defreitas and others.

on the bike. Join me for a ride to the Brooklyn Botanical Gardens, where admission is free on Saturday mornings. Snow, rain, or temperatures below 25 degrees F cancels. Bring lock, walking shoes, and \$ for lunch. Leaders: Terry Chin and others.

**Sunday February 1, 2009**

☺ **FROSTBITE RIDE #8: RIDE TO SHEEPSHEAD BAY AND BEYOND (BKLYN) 10 AM, CITY HALL, 35 miles**

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway greenway, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See [www.transalt.org/bridges/sheep.html](http://www.transalt.org/bridges/sheep.html) to know why.

Bring a lock, \$ for lunch and a digital camera. Leaders: Ed Defreitas and others.



"Hole"--some moment, new Harlem extension of the Hudson River Greenway, Nov. 29, 2008. Photo by Ken Coughlin.

**THE TEMPERATURE REGULATOR RIDE**

**8:30AM White Plains Rd. (southeast corner) at Pelham Pkwy. (Pelham Pkwy stop on the #2 subway line). Quick Spin 16.5+ mph, 40+ miles**

This is a series of Quick Spin rides through February.

**THE TEMPERATURE REGULATOR RIDE 8:30AM White Plains Rd. (southeast corner) at Pelham Pkwy. (Pelham Pkwy stop on the #2 subway line). Quick Spin 16.5 + mph, 40 + miles**

This is a series of Quick Spin rides through February. We will be using several different routes to White Plains N.Y. in Westchester County a particularly bike friendly community with lots to offer; you'll eat well and enjoy yourself given the diversity available. The round trip'll generally be about 40+ miles and experience teaches you won't feel a thing that isn't beneficial (get in shape /stay in shape). There are plenty of bailout options available Leaders: Rodney Millard and Jesse Brown.

**Saturday, January 31, 2009**

☺ **IN SEARCH OF SPRING 9:30AM City Hall, 15 miles**

Get out of the winter's doldrums and get back

We will be using several different routes to White Plains N.Y. in Westchester County a particularly bike friendly community with lots to offer; you'll eat well and enjoy yourself given the diversity available. The round trip'll generally be about 40+ miles and experience teaches you won't feel a thing that isn't beneficial (get in shape /stay in shape). There are plenty of bailout options available. Leaders: Rodney Millard and Jesse Brown.

**Saturday, February 7, 2009**

**RIVER ROAD IN WINTER 10AM, GWB Bus Terminal (Ft Washington Ave & W 178th St), 30 hilly miles**

The leaves may be gone, but the beauty of Henry Hudson Drive ("River Road") remains. In the winter you can enjoy unobstructed views of the cliffs and across the Hudson River. Best of all, most of the road



will be closed to cars. There will be no road maintenance, so you do need to watch for rocks and branches, and the occasional massive landslide. Lunch and hot chocolate at State Line Lookout Inn. Bring bag lunch or \$ for it, and a lock. Leaders Jim Zisfein and Rhonda Wittorf.

☺ **MEET GRANT AND LEE BIKE RIDE 10:00 A.M. Grand Army Plaza, Prospect Park Brooklyn – Approx 25 easy miles.**

Hold your fire! Put on your dress blues (or dress grays?) We're heading uptown to meet "two compelling figures that have shaped America..." The New York Historical Society, in cooperation with the Virginia Historical Society has us coming face to face with Generals Ulysses S Grant and Robert E. Lee. You'll be amazed to find out what these guys decided not to do as much as what they decided to do. You'll even have a chance to ask them questions. By the end, we know you'll want to phone your history teacher! Bring \$10 New York Historical Society admission fee (no Confederate coins please), plus lock and money for lunch at a local eatery. Rain, snow or icy streets at start cancels. Leaders: Richard Sanford and Bob Castro.



There are plenty of bailout options available. Leaders: Rodney Millard and Jesse Brown.

**Saturday, February 14, 2009**

☺ **FILLMORE'S: A MADIOCRE RIDE FOR A MADIOCRE PRESIDENT 10 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.

**Sunday February 15, 2009**

☺ **FROSTBITE RIDE #10: QUADRUPLE BYPASS 10AM, City Hall, 20 miles**

If you wanted to do hills but, not leave the East River... Ah, of course! First ride over the Brooklyn Bridge. Then, the Manhattan Bridge. Go through the Lower East Side. Now, the Williamsburg Bridge now north along Bedford. Hop over the Newtown Creek. In L.I.C., maybe a museum. I'm working on it. The QB looms on the horizon. So, up we go. We'll follow the East river south to a bike-friendly pizza place. Leaders: Ed DeFreitas and others.

**Sunday February 8, 2009**

☺ **FROSTBITE RIDE #9: CONEY ISLAND DREAMING ON SUCH A WINTERS DAY (BKLYN) 10 AM, CITY HALL, 30 miles**

To the Borough of Churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Tototonno's, renowned for prized pizza. Bring a lock and \$ for food. Leaders: Ed Defreitas and others.

**GETTING ACROSS QUEENS**

**9 AM, Bridgemarket, 25 miles**

We'll answer the question: How do you get from Manhattan to Kew Gardens? Dress warmly, bring two spare tubes. Though this is not a quick spin we do have to move quickly in order to stay warm. Figure to move at an average of 13.-13.5 mph. An indoor lunch can be decided at the start of the ride. We will NOT go along Queens Blvd! Optional bailouts include the E or F subway lines or even the LIRR (bring an MTA pass for that). Round trip back to Bridgemarket. Leaders: Dennis Griffin & TBA.

**THE FIVE BOROUGH BICYCLE WELCOMES OUR NEW MEMBERS!**

As of Oct. 15-Dec. 22, 2008

- Andrew Balko
- Kathryn Baur
- Susan Brodie
- Diana Casale
- Maggie Converse
- Larissa Cooper
- John Fleming
- Gregory Gilbert
- Sophia Gilbert
- Martin Greenberg
- Janet Gross
- Nicole Hablenko
- Evan Harper
- Amy Hass
- James Huynh
- Lan Huynh
- Glenn Kamelhar
- Luisa Kamelhar
- Lawrence Katz
- John Lee
- Harry Leon
- Gayle Lovelace
- Courtney Lutterman
- Ethel Miller
- Keiko Nishina
- Randall Peltier
- Steven Petrucelli
- Jasmine Raeford
- Amish Ricci
- Curtis Ricci
- Lena Rodriguez
- Linds Rubes
- Joseph Schaubman
- Billy Shalom
- Kathleen Shannon
- Betsy Singer
- Jeb Singer
- Winnie Tom
- Jared Toothman
- Alison Weber
- John Wehmeyer
- Lew Wunderlich
- Sharon Wunderlich

Please **RENEW** your 5BBC membership if you haven't done so yet.

**THANKS.**

Day Trips Led by these  
5BBC Leaders in 2008



Liz Baum • 15  
Steve Bauman • 3  
Sharon Behnke • 2  
Marina Bekkerman • 4  
**Jesse Brown • 30**  
Andrea Casertano • 2  
Bob Castro • 3  
John Chiarella • 7  
Terry Chin • 16  
Julia Cohen • 1  
Maria Cummings • 1  
Ed DeFreitas • 27  
Fred Dieckamp • 5  
Debbie Ebert • 1  
Robert Eberwein • 2  
Alfredo Garcia • 14  
Phil Goldberg • 10  
Josh Gosciak • 5  
Caryn Greenberg • 1  
Dennis Griffin • 13  
Brian Hoberman • 7  
Randy Horowitz • 1  
Dana Hudes • 7  
Trudy Hutter • 1  
Ted Kushner • 8  
Susan Levine • 6  
Steven Libby • 2  
Danny Lieberman • 9  
Jim Mallard • 5  
Andrea Mercado • 1  
Rodney Millard • 11  
Ira Najowitz • 13  
Phil O'Reilly • 1  
Ed Pino • 14  
Mark Plaut • 1  
Ed Ravin • 5  
Susan Rodetis • 7  
Steve Sakson • 1  
Richard Sanford • 8  
Manny Sanudo • 2  
Ron Sexton • 1  
Lee Ann Van Wyck • 4  
Neile Weissman • 2  
Ken Williams • 3  
Rhonda Wittorf • 7  
Jim Zisfein • 19

**THE TEMPERATURE REGULATOR RIDE**  
**8:30AM White Plains Rd. (southeast corner) at Pelham Pkwy. (Pelham Pkwy stop on the #2 subway line.) Quick Spin 16.5+ mph, 40+ miles**

This is a series of Quick Spin rides through February. We will be using several different routes to White Plains N.Y. in Westchester County a particularly bike friendly community with lots to offer; you'll eat well and enjoy yourself given the diversity available. The round trip'll generally be about 40+ miles and experience teaches you won't feel a thing that isn't beneficial (get in shape /stay in shape). There are plenty of bailout options available. Leaders: Rodney Millard and Jesse Brown.

**Saturday, February 21, 2009**  
**MERCHANT MARINE CONVOY**  
**10:00 AM, Cunningham Park, 35 miles**  
Join Ira and John on a moderately-paced,



Ira Najowitz (right) & his US Merchant Marine Academy group, Feb. 12, 2005. Photo by John Chiarella

scenic ride (with some hills) to the US Merchant Marine Academy in Kings Point ([www.usmma.edu](http://www.usmma.edu)) overlooking Long Island Sound. On our way back, we'll enjoy nice views of Little Neck Bay from Douglas Manor, Joe Michaels Mile bike path & Fort Totten. Bring a lock, \$ for diner lunch. Temperature below 32 degrees 1 hour before the start or any ice or snow on the road cancels. Leaders: Ira Najowitz & John Chiarella.

**Sunday February 22, 2009**  
**☺ FROSTBITE RIDE #11: RIDE TO PANCAKES (NJ)**  
**9:45 AM, CITY HALL, 10:15 South Ferry & 11:00 St. George. 35 miles**

Kull-ing all bikes! Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch will be extremely warm and delicious, at Bayonne's B'way Diner. Afterwards, we will journey further to

Liberty State Park. Details at [www.si.ferry.com](http://www.si.ferry.com), [www.nywaterway.com](http://www.nywaterway.com) & [www.libertystatepark.com](http://www.libertystatepark.com). Bring a lock, ample \$ for lunch and camera. Leaders: Ed Defreitas and others.

**THE TEMPERATURE REGULATOR RIDE**  
**8:30AM White Plains Rd. (southeast corner) at Pelham Pkwy. (Pelham Pkwy stop on the #2 subway line.) Quick Spin 16.5+ mph, 40+ miles**

This is a series of Quick Spin rides through February. We will be using several different routes to White Plains, NY in Westchester County a particularly bike friendly community with lots to offer; you'll eat well and enjoy yourself given the diversity available. The round trip'll generally be about 40+ miles and experience teaches you won't feel a thing that isn't beneficial (get in shape/stay in shape). There are plenty of bailout options available.

Leaders: Rodney Millard and Jesse Brown.

**Saturday, February 28, 2009**  
**☺ TOUR DE ROOSEVELT ISLAND AND LONG ISLAND CITY**  
**10:30AM, Bridgemarket (60th and 1st Ave.), 15 miles** Visit the "other island" next to Manhattan, which had an insane asylum and a smallpox lab. We'll also visit points of interest from Astoria to Hunter's Point. Leaders: Terry Chin and others.

**Sunday, March 1, 2009**  
**MONTAUK TRAINING RIDE #0: Wave Hill**  
**10AM Columbus Circle, 25 miles, 10-12.5 mph**

Spring is upon us! Let's start our spring training for The Montauk Century with a ride to Riverdale. After a quick stop for lunch at a kosher restaurant in Riverdale, we'll take a quick peek at Wave Hill Garden and head back to Columbus Circle. We'll use a mix of greenways and quiet city streets. Our goal is to ride at a consistent steady pace to help build our endurance, with a few short climbs to help build strength for the short climb near the end of the Montauk Century. Leaders Dana Hudes & others.



# TREASURER'S ANNUAL REPORT

The Five Borough Bicycle Club is a 501(c)4 non-profit (Social Welfare) organization under the IRS Internal Revenue Code. Its fiscal year runs from December 1 to November 30. The club subsidizes its activities primarily from membership dues and its sole fund raising event, the Montauk Century.

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## INCOME & EXPENSE - 12/1/07 to 11/30/08

	Income	Expense	Gain/Loss
Administration	5,899	15,027	(9,128)
Bike Courses	140	0	140
Day Trips N/A	627	(627)	
Leadership	385	4,944	(4,559)
Membership	18,212	195	18,017
Newsletter	N/A	6,152	(6,152)
Programs	2,755	7,305	(4,550)
Special Events	180,429	152,066	28,363
Weekend Trips	22,859	26,167	(3,308)
<b>Total</b>	<b>230,679</b>	<b>212,483</b>	<b>18,196</b>

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**Administration** - Income consists of donations and interest from CDs. Expense includes rent, insurance, photocopying, gifts, awards, supplies and equipment. In 2008 we also incurred two extraordinary expenses: a write-off of \$1,419.00 in bad debt and residual legal fees of \$1000.00 from 2007 law suits.

**Bike Courses** - In 2008 the executive board voted to discontinue charging fees for bike courses.

**Day Trips** - Expenses consist of ride leader's out-of-pocket expenses.

**Leadership** - Income is from our leadership training program. Expenses are for the program plus annual awards for active ride leaders.

**Membership** - Consists of membership dues and merchandise sales. In 2008, income from membership dues declined by 9%.

**Newsletter** - As more 5BBC members elect to download pdf copies of Bicycleletter, the unit cost of printing snail mail copies continues to gradually decline relative to total membership.

**Programs** - Income is from our annual holiday party. Expense includes monthly meetings as well as the holiday party. As in previous years, the holiday party continues to be subsidized by income from other activities.

**Special Events (aka Montauk Century)** - After a tumultuous 2007, the event is back on track as a profit center.

**Weekend Trips** - It is 5BBC policy to make weekend trips economically feasible to as many members as possible, so trips are budgeted to break even.

## NET WORTH as of 11/30/08

Assets		
Checking & CD Accounts	88,020	
Accounts Receivable	0	
Inventory	1,804	
Other	25	
<b>Total Assets</b>		<b>89,849</b>
Liabilities		
Accounts Payable	(1,687)	
<b>Total Liabilities</b>		<b>(1,687)</b>
<b>Net Worth</b>		<b>91,536</b>

Submitted by  
Phil Goldberg & Bob Castro, Co-Treasurers

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## MINUTES OF THE NOVEMBER 3, 2008 5BBC BOARD MEETING

### MEMBERS PRESENT

Jesse Brown, Ed DeFreitas, Ed Ravin, James Zisfein, Steven Faust, Danny Lieberman, John Chiarella, Rhonda Wittorf, Barry Hartglass, Robert Castro, Liz Baum, Ed Pino, Alfredo Garcia, Andrea Mercado and Leila Rinehart

### MOTION

By Ed Pino (2nd Ed DeFreitas). "To change the status of Dana Hudes from Co-Leader to Leader." Motion fails 2-7-3

### RESOLUTION

"It is resolved that in recognition of her past service to the 5 Borough Bicycle Club, Caryn Greenberg is hereby awarded the following: 1) A one year complimentary club membership, 2) One free club weekend trip, 3) Complimentary admission for herself and a guest to the 2008 5BBC Holiday Party."

### ASSIGNMENT

President Jesse Brown tasks Robert Castro to make preliminary contact with the Team In Training organization RE their participation in the 5BBC 2009 Montauk Century.

### COMMITTEE ASSIGNMENT

President Jesse Brown adds Member-at Large, Barry Hartglass to the Charitable Donations Committee.

### MEETING ADJOURNED 8:55PM

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## 2009 Five Borough Bicycle Club Executive Board, elected Nov. 17, 2008 and took office Dec. 1, 2008:

Ed Ravin, President; Sharon Behnke, Vice President; John Chiarella, Recording Secretary; Brian Hoberman, Corresponding Secretary; Bob Castro & Phil Goldberg, Treasurer; Andrea Casertano, Day Trips Coordinator; Fred Dieckamp, Weekend Trips Coordinator; Alfredo Garcia, Bicycleletter; Katie Marion, Leadership Coordinator, Katie Marion; Joe Candelaria and Robert Eberwein, Special Events Coordinators; Barry Hartglass, Programs Coordinator; Stephen Jackel, Bicycle Course Coordinator; Leila Rinehart, Communications Coordinator.

## Weekend Trips Led by these 5BBC Leaders in 2008



Is it the giggle or the gigabyte?  
Photo by Andrea Casertano

Fred Dieckamp • 2  
Perry Fellman • 1  
Brian Hoberman • 1  
Ted Kushner • 1  
Susan Levine • 1  
Steven Libby • 2  
Andrea Mercado • 1  
**Wentworth Price • 3**  
**Steve Sakson • 3**  
Cesar Vasquez • 1  
Ken Williams • 1  
Jim Zisfein • 1

## Let's Attend the Feb. 7 General Meeting:

5BBC Weekend Trips Coordinator, Fred Dieckamp and weekend trip leaders, will be present to entice the audience with respect to early season weekend trips.

Fred, in particular, is interested in resurrecting an old 5BBC Favorite, the Cherry Blossoms Festival in Washington DC (March 27-29)



For more details on the  
Cherry Blossoms Festival visit:

<http://tinyurl.com/7alhzn>



# 5BBC Holiday Party

5BBC Gives \$5,000 to Recycle-A-Bicycle!



Our party was held at the Woolworth Tower Kitchen, at the famed Woolworth Building, in lower Manhattan. In the background, is City Hall Park, where many a 5BBC ride was held, usually by Ed DeFreitas and/or Terry Chin.



Brian Hoberman and Ira Najowitz



Walter Holzherr wins a helmet



Faces in the crowd, quite a lot.

A good time was had by all at the party. The catered food was good as well as the company. Many people took time to renew acquaintances as well as make new ones, off the bike.

Many thanks to Leila Rinehart for producing the holiday party.



The Executive Board, on the behalf of the 5BBC, donated \$5,000 to Recycle-A-Bicycle ([www.recycleabicycle.org/](http://www.recycleabicycle.org/)) A check was presented by new club President Ed Ravin (left) to Karen Overton (right), Recycle-A-Bicycle's interim Executive Director. Recycle-A-Bicycle is engaged in youth training & environmental education in conjunction with NYC public schools & after school programs. The 5BBC looks forward for a continuing relationship with RAB.



Outgoing President Jesse Brown reaches out to people.



Danny and the ageless Brooklyn cyclist, Louie Berardinucci, 5BBC (& NYCC) life member.



Party hosts Leila Rinehart & Barry Hartglass.



Phil Goldberg and Richie McCawley



Co-Special Events Coordinator Joe Candelaria



# Sat. Dec. 13, 2008

## Danny Lieberman Awarded Golden Spoke!



Our own Danny Lieberman received the 2008 Golden Spoke award at the holiday party. It's given to a club leader or board member who gave outstanding service to the 5BBC. As Special Events Coordinator, Danny led and helped the Club run last year's successful Montauk Century. He also thanked people who helped. Danny joins a distinguished group, which includes Bob Castro, Phil Goldberg, Barry Hartglass, Brian Hoberman, Eileen Kapp, Ed Pino, Wentworth Price & Jim Zisfein. Congratulations, Danny.



Outgoing President Jesse Brown awards the 2008 Life Membership award to Terry Chin (inset photo by Arabelle Taggart.) Terry has led many of his 5BBC day trips for many years, such as the Brooklyn Queens Mosaic ride. He also teaches folks how to ride a bike.



Lynette Chiang gives away one of her new Traffic Cone bags.

## Happy Raffle Contest Winners



Andrea Mercado



Eric Milland



Alex Maurice



Multi-winner Ed Zabski (center)



Susan McCarthy

Photos by Alfredo Garcia



My fellow American cyclists...



Hmmm....Figuring out the next move for the 5BBC.



What about those day trips next year?



Some of us rode in with our bikes



Pax 5BBC!



**The Five Borough  
Bicycle Club Gives  
Our Good Regards  
to All**



**TinyURL-Nice tool to  
shorten long website  
names when needed.**

Example: A bike route in the Philippines with this link:  
<http://www.map-myride.com/kml?r=2102ed862587005e0bf4f57e623c6fa0>

Go to the website  
[www.tinyurl.com](http://www.tinyurl.com)

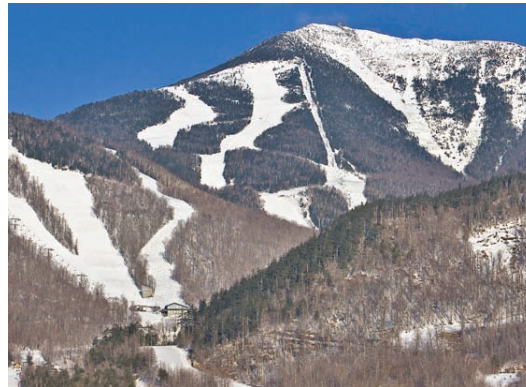


Follow directions; cut and paste the long url (the long website name) to "Enter a long URL to make tiny"

Here's the Result  
<http://tinyurl.com/9mw4ol>

Use TinyURL with  
Care!

**For Cyclists & Non-Cyclists who Love  
Skiing--A Weekend Trip from  
The Ski and Snowboard Club of New York  
March 6-8, 2009 ... Lake Placid, NY**



Whiteface Mountain. [www.whiteface.com](http://www.whiteface.com)

**Swiss Acres Lodge ... \$345 for 2 full  
days of Downhill Skiing/Snowboarding  
and XC Skiing/Snowshoeing in the  
spectacular Adirondack Mountains.**

Downhill Skiers and Snowboarders LOVE Whiteface Mountain (site of the 1932 and 1980 Winter Olympic Downhill events), which boasts the greatest vertical drop in the east (3,430 ft). Whiteface is perfect for the seasoned skier yet provides a great day of fun for the beginner, too. If you're looking for cruisers that leave your thighs screaming for mercy, head for the summit. Paron's Run winds through trees and then spills into Excelsior for a three-mile run. If you haven't stopped to admire the views, your quads are certain to let you know how they feel. Whiteface Mountain has long been home to some of the best alpine boarding in the East. Freestylers have been catching major air in the terrain parks for years and the half-pipe is lift served. That means you can pull as many 540's as you want and then ride back up in cushioned comfort to do it again. Whiteface offers a great ride for any boarder willing to try, and it just keeps getting better.

Cross-country skiers and Snowshoers can tour the Olympic trails of Mount Van Hoevenberg and the classic trails of Cascade Touring Center. The Mt. Van Hoevenberg trail system contains about 20 miles of looped trails built to international cross-country ski trail standards, and designed for both recreational skiing and formal races. Mt. Van Hoevenberg was the site for the 1980 Olympic cross country and biathlon Nordic skiing events and is one of the outstanding Nordic skiing facilities in the east. The Cascade ski area offers a more intimate trail system and connects with the Mt. Van Hoevenberg trail system. The Cascade lodge is relaxing, serves a really nice lunch, and has a complete ski shop.

We will stay at the Swiss Acres Lodge. The rooms and the relaxing lobby give us a comfortable and enjoyable stay. Bring a bathing suit because there is a hot tub and sauna outside, on the back porch. In the dining room we will savor hardy meals sure to keep us fueled. And if you don't feel like going out, you can enjoy the hotel's bar, game room and big screen TV.

On Saturday night we'll enjoy the village of Lake Placid, only a short ride away. It isn't like some resorts - an outdoor mall; Lake Placid is a real mountain town, with a real mountain, and was named number one in North America for off-hill activities by Ski Magazine for several years. We like to visit the Olympic Facilities, the shops and pubs along Main Street, and especially the roller



All three are smiling. Ski & Snowboard Club

coaster-like fun of the Toboggan Run onto Mirror Lake. This trip is our best value - As much fun as you can pack into a weekend at such a great price! \$345 per person includes bus transportation from NYC, two nights lodging (double occupancy), 2 breakfasts and 1 dinner at the hotel.

Lift/trail passes are NOT included.



Mark Plaut, Ski & Snowboard Club leader.

For more information about the Ski & Snowboard Club of New York, visit:

[www.skiclubofnewyork.org](http://www.skiclubofnewyork.org)



# Cycling Photos From Berlin, Germany

## By Brian Hoberman



Bike stencil on window of train, special car for transporting bicycles.



Deutsche Post bicycle--Germans still get their mail delivered by bikes in the 21st Century.

For cycling in Germany, visit [Bicycle Germany, www.bicyclegermany.com](http://www.bicyclegermany.com), which includes info on public transit bike access and self-guided tours.



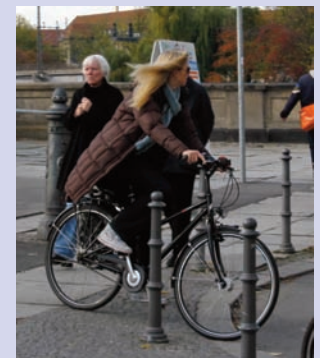
Eva Frank? Deutsche Post woman cyclist. *From thingstocome records via Flickr.*



This interesting 1893 "T-Modell" is still made today by Pederson Bicycles, Denmark. [www.pedersenbicycle.uk](http://www.pedersenbicycle.uk).



Bikes are many and go almost anywhere. Germans from different walks (or pedals) of life ride them.



Lady cyclist with flowing blonde hair, goose-down coat and white sneakers.



Folding bike peloton trio making their commute run home after work.



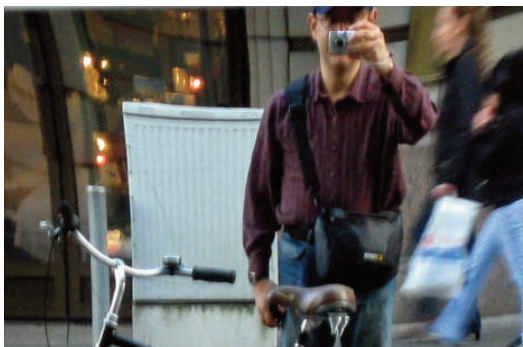
Deutsche Bahn's 'Call A Bike' two-wheeler, rented 6-8 Euro cents/minute. Info: <http://tinyurl.com/986n2x>



Road, mountain and hybrid bikes nearly locked up on rack.



Bike Taxi looks like a quasi "Party Bike." They also offer tours. [www.biketaxi.com](http://www.biketaxi.com) (in German).



Self-portrait of a photographer as a young man, with his persistent object of interest. Thanks Brian!







**New York State Bike Routes**

The Dept. of Transportation of New York has long distance routes upstate, appropriate to individual cycling levels.

Bike Rt. 9 goes north from the George Washington Bridge to Rockland County, over the Bear Mt. Bridge, to Poughkeepsie and beyond, to Putnam County.

Bike Rt. 5 goes across Eastern New York State, from Onodaga to Albany.

Bike Rt. 17 goes West, from Orange to Chemung counties.

Website: [www.nydot.gov](http://www.nydot.gov)



**New York Bicycling Coalition News**



**Dig Out Those Maps & Cue Sheets**

**ILOVENYBIKING.COM**

**Needs Your Input**

Following up on our announcement earlier this year regarding NYBC's partnership with Explore NY to develop a new website dedicated to improving and enhancing bicycle-based touring opportunities in New York State, [www.iloveny biking.com](http://www.iloveny biking.com) is scheduled to go live early in 2009.

In addition to information about safe cycling and cyclo-tourism options throughout NY State, content will include links to existing rides, cue sheets, maps and other useful route planning tools. A user-friendly template will allow the visitor to sort using multiple criteria, including rides by region/tourist destination; length; difficulty; family-friendly options; and those that include unique natural, cultural, historic and gastronomic (yes, good food is key to great cycling!) features. The site will be regularly updated as contributors come forward from on and off road bike clubs around the state.

Those of us who regularly ride the roads in New York already know that we have a first class road system that provides a plethora of safe riding - up and down, long and short, along the water, up big mountains and all points between—and this says nothing about the extensive network of off-road trails in an equal variety of settings, remote to urban.

In order for ILOVENYBIKING.COM to tell this story we need high-quality CONTENT—and that's where you come in. We know some clubs have already posted their favorite rides, including cue sheets and GPS information, on their own websites; why not increase your visibility and market your club events/fundraisers to a wider audience? NYBC is looking for one or two top rides from each bicycling club that showcase your area, inc. cue sheets and maps, to be featured on

[www.iloveNYbiking.com](http://www.iloveNYbiking.com). Striking digital images that celebrate the legendary beauty and amazing breadth of cycling potential one can experience in are welcomed/encouraged. Share your rides, maps and photos by emailing [nybc@nybc.net](mailto:nybc@nybc.net); call us at 518.436.0889 for more information. In order for this site to work—and by "work" we mean provide sufficient information and inspiration to ensure visitors from around the state, U.S. and the globe who enjoy riding and spending money in our many communities, however big or small—[www.iloveny biking.com](http://www.iloveny biking.com) needs contributions from cyclists like YOU.



**The New York Bicycling Coalition**

NYBC's Mission is to provide a coherent, credible voice for the interests of all bicyclists in the state, on- or off-road, recreational or racer. We achieve this by working with existing cycling clubs in New York and interested individuals.

**Goals of the New York Bicycling Coalition**

- To encourage the use of bicycles for transportation, sport and recreation.
- To serve as a focal point for the network of clubs and other bicycle and pedestrian related organizations throughout the state.
- To foster among the general public a favorable opinion of bicycling.
- To assure highway, street, and transit facilities are amenable to bicyclists, pedestrians and other non-motorized users.
- To promote bicycle and pedestrian safety through education of motorists, pedestrians and bicyclists of all ages.
- To monitor government activities affecting bicycling, safety health, transit, tourism and infrastructure programs.
- To seek and advise on legislation improving cycling and pedestrian conditions across New York State.
- To facilitate the exchange of information on bicycle safety and bicycling in general.

Visit the New York Bicycling Coalition on the web:

[www.nybc.net](http://www.nybc.net)



## Death Of A Cyclist, 2008

*Editor's Note: The following is an account by Jen Benepe, of Benepe's Bike Blog, about the fatal accident of cyclist Camille Savoy, who was riding on Rt. 9W, Sun. Nov. 9, 2008. He was struck by a moving vehicle. Camille suffered deep injuries leading to his death. Note: Most of us have ridden Rt. 9W on 5BBC day trips, usually a training ride or to Piermont or Nyack. WE HAVE TO BE AWARE & CAREFUL.*

It was a gray day with the sun barely appearing when I met with Lt. Laviola of the Alpine police department to determine where exactly Camille Savoy was hit.

Savoy was hit by a driver from behind on November 9 while he was traveling north on Rt. 9W. He went through the windshield, then up over the top of the car, then fell to the ground, according to the latest update from the Alpine police dept.

Savoy was unable to overcome massive head injuries last Wednesday, Nov. 26, and his medical team is said to have advised his family that the cyclist would not be able to recover.

I walked to a spot that looked about where Savoy had been hit, leaned down, lo and behold, found what appears to be his splintered pump among the leaves. Buried about a foot away, was (ostensibly) his water bottle with some sports liquid still remaining. Not too far from the bottle, lay the broken chain--ostensibly from his bike.

The proximity of the items, and how shattered they are--the chain ripped off his bike and no longer a circle-- is a testament to how violently Savoy was struck.

Also there was the black grill cover of a car light, and not too far--lay a red car light cover.

I created a mini-shrine composed of the little parts which we thought were his, adding long sticks and stones, plus some blue plastic from the road to mark the spot so that passing cyclists can identify the area.

As I draped the silver chain over a tree fragment, it looked ironically like a Christmas ornament.

For those cyclists who are coming to Savoy's memorial ride on Sunday, Dec. 7 (rain date, Dec. 14) leaving from the GWB at 9 AM, or anyone who wants to place flowers, here is a picture of the closest utility pole across Rte. 9W from his accident spot.

It is the 3rd utility pole north (west side of the road) from the mulch yard. You should be able to see the shrine almost directly across the street. This is just south of the Indian Head Road.

The driver of the vehicle that hit Savoy, Wha Kim, 71, of Englewood, NJ, was given a ticket for careless driving, said Lt. Laviola.

Her driver's license is also currently under review, as well as her driving record, he added. Under these circumstances she will need to re-take her licensing exam he noted. It was not clear if she will be allowed to drive at this time.

It is still unclear from the accident report just how and why Savoy's head was so badly injured, and his bike flattened beyond recognition if he had only been hit once--and only with the right front side of the Subaru car.

The Bergen County prosecutor's office still has not finalized their investigation into the incident.

Savoy's friends were shocked, hurt & angry at his death. "He was such a sweet man," said his friend & frequent cycling partner Alfred. "I can still hear him talking now. I just can't believe he is gone." Savoy is said to have gone out alone on Sunday because he could not ride on Saturday: normally he does not ride alone, said Alfred.

Savoy was hit and killed on a perfectly clear day--the only obstacle to his safe ride, a driver with a bad driving record who drove close to the line and ignored New Jersey motor vehicle law--to move around cyclists traveling in front of them.

*A memorial ride for Camille Savoy was held on Sun. Dec. 7, 2008. Over one hundred cyclists rode to the site of the fatal accident where a small ceremony took place. Included were several who came in from Philadelphia and Massachusetts. A "Ghost Bike" was secured to a pole near the fatal spot.*

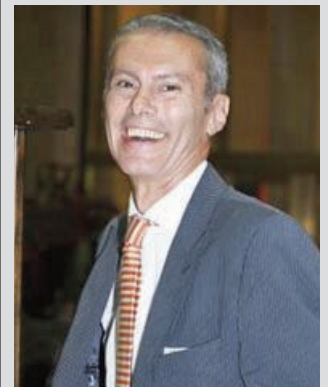
*Jen spoke at the memorial and told people there were knighted 'bicycle change agents,' to prevent horrible cycling accidents in the future. She also announced that a tree will be planted near the fatal spot in Camille's memory.*

*Still pending and quite damning, is a NJ Police report, allegedly stating BOTH driver and Camille Savoy were to blame for the latter's fatal accident. The victim is the cause of his own death? We should be very skeptical that he did.*

Read Jen Benepe's Bike Blog:  
<http://benepesbikeblog.blogspot.com>



A small shrine near the fatal spot of the accident on Rt. 9W



Camille Savoy



Remembering Camille



The Ghost Bike for Camille





### America By Bike

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

[www.abbike.com](http://www.abbike.com)

Your upright business card could be here

For more information, email [editor@5bbc.org](mailto:editor@5bbc.org)



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

### 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.

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[sbehnke@citi-habitats.com](mailto:sbehnke@citi-habitats.com)

[www.citihabitats.com](http://www.citihabitats.com)  
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Arabelle Taggart photo



718-680-5227  
Scheduling & Information

**BICYCLING INSTRUCTOR**  
REPAIRS, TOURS AND BEGINNER LESSONS

TERRY CHIN  
8725-4TH AVENUE  
BROOKLYN, N.Y. 11209

Steven F. Faust, AICP



Faust and Associates  
Transportation Planning

415 Sixth Street  
Brooklyn, NY 11215  
ofc 718.499.8595  
mobile 917.922.4708  
[sfaust1534@earthlink.net](mailto:sfaust1534@earthlink.net)

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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](mailto:editor@5bbc.org). Thank you.

## 5BBC Milestones



5BBC Vice President, Sharon Behnke's brother, Stephen Jensen (above left, with Sharon), passed away November 29, 2008, of terminal illness. He was 56 years old. Sharon spent the last weeks by his side. Stephen is no longer suffering but will be missed. We at the 5BBC give our condolences to Sharon and her family and relatives.

Please love and cherish your loved ones, just like Sharon did.

Remember that life is precious and fleeting.



**Correction:** 5BBC member Dan Bach, above, ran the New York City Marathon, Sun. Nov. 2, 2008 in 4 hours, 40 minutes and 2 seconds, not 2 "sections" as previously mentioned.





## Ask the Nutritionist--A New Column For A Healthy 2009

**Question** - I have been told that taking a multi-vitamin is a good idea. There are so many available, what should I keep in mind as I'm choosing? Some brands have 300% of every nutrient it seems, which I assume is overkill. Please educate me here. NB

**Answer** - You've got the right idea NB. Personally, I'm not big on supplements. They're necessary in some cases, and good "insurance" against days when we don't eat optimally, but ideally we should get most of what we need from food. Choosing a variety of fruit and vegetables that adds up to 5-9 servings per day will get you pretty far. Larger portions count as more than one serving, it doesn't have to be 5-9 different foods necessarily.

You have the right idea that 300% of the RDI is overkill. Unless there are specific needs, a general multi-vitamin will be ok. Quality wise, a generic is fine. Look for something that provides around 100% of the RDA for major nutrients. Other things you may want to look for are a size or form that's easy to take. Some vitamins cause stomach upset if they are taken without food. Men who take vitamins should choose one that doesn't have iron, unless there's an underlying health condition requiring it.

Send nutrition questions to [Leila5BBC@gmail.com](mailto:Leila5BBC@gmail.com) and they may be posted in a future edition of the *Bicycletter*. Nutrition is for Every Body  
Leila Rinehart, MS, RD



## Bike Events on Tap



4th Annual Ghost Bikes Memorial Ride  
Sun. 4 Jan. 2009 [www.ghostbikes.org/new-york-city](http://www.ghostbikes.org/new-york-city)  
Note: Go on a 5BBC tie-in ride, page 4.



Chicago Bike Winter Cold winter cycling in the Windy City.  
[www.bikewinter.org](http://www.bikewinter.org)



Lighthouse Cycling Tour Puerto Rico. 5-9 Feb. 2009  
[www.lighthousecyclingtour.com](http://www.lighthousecyclingtour.com)



5th Annual Handmade Bicycle Show,  
Indianapolis. 27 Feb.-1 Mar. 2009.  
[www.handmadebicycleshow.com](http://www.handmadebicycleshow.com)



Bike New York  
Five Boro Bike Tour  
Sun. 3 May 2009  
[www.bikennyork.org](http://www.bikennyork.org)



Velo-City  
Brussels, Belgium  
May 12-15. 2009  
[www.velo-city2009.com](http://www.velo-city2009.com)



49th Annual Five Borough  
Bicycle Club Montauk Century  
Sun. 17 May 2009  
[www.5bbc.org/montauk](http://www.5bbc.org/montauk)



12th Annual Le Cirque du Cyclisme  
5-7 June 2009, Leesburg, VA  
[www.cirqueducyclisme.com/](http://www.cirqueducyclisme.com/)



Transportation Alternatives  
NYC Century Tour  
Sun. 13 Sept. 2009  
[www.nyccentury.org](http://www.nyccentury.org)



Escape New York - New York Cycle  
Club, Sat. 26 Sept. 2009.  
[www.nycc.org](http://www.nycc.org)

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

Look forward to a year of bike rides and weekend trips. Please renew your 5BBC membership if you haven't done so yet. Thanks.



## 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/](http://www.nycc.org/ras/)

Thanks,  
Peter O'Reilly  
New York Cycle Club



## 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](http://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.

#### **Weekend Trips**

Name of Trip \_\_\_\_\_

Number of Trippers \_\_\_\_ @ \$\_\_\_\_/Tripper .....\$ \_\_\_\_\_

See trip listings for prices. For insurance reasons all trippers must be 5BBC members.

**Bike Course - Name of Class** \_\_\_\_\_

Date of class \_\_\_\_\_ .....\$ **No Charge**

#### **Five Icon Jersey**

Indicate quantity and size.

\_\_\_\_ Men ..... Out of Stock  
 \_\_\_\_ Ladies (Circle One) ..... 8 ..... 10 ..... 14  
 Total qty. \_\_\_\_ @ \$60 each .....\$ \_\_\_\_\_

#### **Lady Liberty Jersey - CLOSEOUT SALE**

Indicate quantity and size.

\_\_\_\_ Men (Circle One) ..... XXL  
 \_\_\_\_ Ladies (Circle One) ..... M ..... L ..... XL  
 Total qty. \_\_\_\_ @ \$40 each .....\$ \_\_\_\_\_

#### **5BBC Patches**

Total qty. \_\_\_\_ @ \$4 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. 12/18/08



## 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](http://www.westchesterpro.com)

#### BROOKLYN

##### **Bay Ridge Bicycle World**

8916 3rd Ave. Bklyn, NY 11209  
718-238-1118  
[www.bayridgebikes.com](http://www.bayridgebikes.com)

##### **Bicycle Station**

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

##### **Fulton Bikes**

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

##### **On The Move**

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

##### **Roy's Sheephead Cycles**

2679 Coney Island Ave.  
Bklyn, NY 11235 718-646-9430  
[www.roysbikes.com](http://www.roysbikes.com)

##### **Verrazano Bicycle Shop**

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

#### MANHATTAN

##### **A Bicycle Shop**

163 W 22 St. NY, NY 10011  
212-691-6149 a-  
[www.bicycleshop.com](http://www.bicycleshop.com)

##### **B-Fold (Folding bikes)**

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

##### **Bicycle Habitat**

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

##### **Bicycle Renaissance**

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

##### **Champion Bicycles**

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

##### **Chelsea Bicycles**

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

##### **City Bicycles**

315 W 38 St NY, NY 10018  
212-563-3373  
[www.city-bicycle.com](http://www.city-bicycle.com)

##### **Conrad's Bike Shop**

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

##### **Continuum Cycles**

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

##### **Gotham Bikes**

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

##### **Larry & Jeff's Bicycles Plus (1)**

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

##### **Buddy's Schwinn Bicycle**

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

##### **South Shore Bicycle & Fitness**

1067 Broadway  
Woodmere, NY 11598  
516-374-0606  
[www.southshorebicycle.com](http://www.southshorebicycle.com)

##### **Valley Stream Bicycle**

95 E. Merrick Rd.  
Valley Stream, NY 11580  
516-825-8181  
[www.valleystreambicycle.com](http://www.valleystreambicycle.com)

##### **Visentin Bike Pro Shop**

51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771  
516-922-2150  
[www.visentinbike.com](http://www.visentinbike.com)

#### WESTCHESTER

##### **Bicycles Unlimited**

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

##### **Pelham Bicycle Center**

109 Wolfs Lane  
Pelham, NY 10803  
914-758-3338  
[www.pelhambikes.com](http://www.pelhambikes.com)

##### **Sierra Cycles**

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

#### CONNECTICUT

##### **Baybrook Bicycles**

243 Captain Thomas Blvd  
West Haven, CT 06516  
203-933-4576  
[www.baybrookbicycles.com](http://www.baybrookbicycles.com)

##### **College Street Cycles**

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

##### **Newington Bicycle**

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

#### NEW JERSEY

##### **Bicycle Tech**

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

##### **Bicycle Workshop**

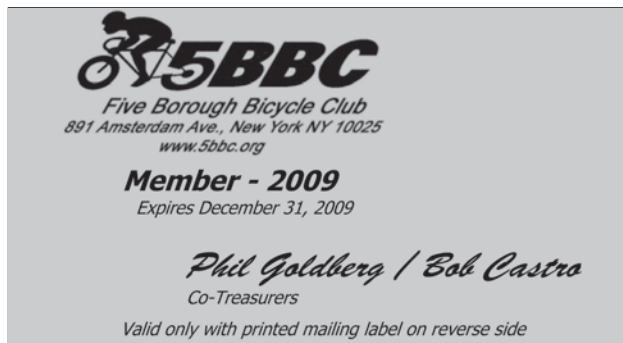
175 Country Rd.  
Tenafly NJ 07670 201-568-9372  
[www.bicycleworkshop.com](http://www.bicycleworkshop.com)

##### **Marty's Reliable Cycle**

173 Speedwell Ave.  
Morristown, NJ 07960  
973-538-7773  
[www.martysreliable.com](http://www.martysreliable.com)

##### **Strictly Bicycles**

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



##### **Larry & Jeff's Bicycles Plus (2)**

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

##### **NYC Velo**

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

##### **Sid's Bike Shop**

235 E 34th Street NY, NY 10016  
212-213-8360  
[www.sidsbikes.com](http://www.sidsbikes.com)

##### **Victor's Bike Repair**

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

#### QUEENS

##### **Arc De Triomphe Bicycles**

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

##### **Bellitte Bicycles**

169-20 Jamaica Ave.  
Jamaica, NY 11432  
718-739-3795  
[www.bellbikes.com](http://www.bellbikes.com)

##### **Bicycle Barn**

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

##### **Bike Stop**

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

##### **Bill's Cyclery (1)**

63-24 Roosevelt Ave  
Woodside, NY 11377  
718-335-1906  
[www.ubuybikes.com](http://www.ubuybikes.com)

##### **Bill's Cyclery (2)**

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

##### **Peak Mountain Bike Pro Shop**

42-42 235th Street  
Douglaston, NY 11363  
718-225-5119  
[www.peakmtnbike.com](http://www.peakmtnbike.com)

##### **Spin City Cycle**

110-50 Queens Blvd  
Forest Hills, NY 11375  
718-793-8850  
[www.spincitycycle.com](http://www.spincitycycle.com)

##### **Spokesman Cycles**

49-04 Vernon Blvd.  
Long Island City, NY 11101  
718-433-0450  
[www.spokesmancycles.com](http://www.spokesmancycles.com)

#### LONG ISLAND

##### **The Bicycle Planet**

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

##### **Bike Discounters (1)**

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

##### **Bike Discounters (2)**

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

##### **Brands Cycle Center**

1966 Wantagh Ave.  
Wantagh, NY 11793  
516-781-6100  
[www.brandscycle.com](http://www.brandscycle.com)

##### **Carl Hart Bicycles**

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

##### **Sayville Bike Works**

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



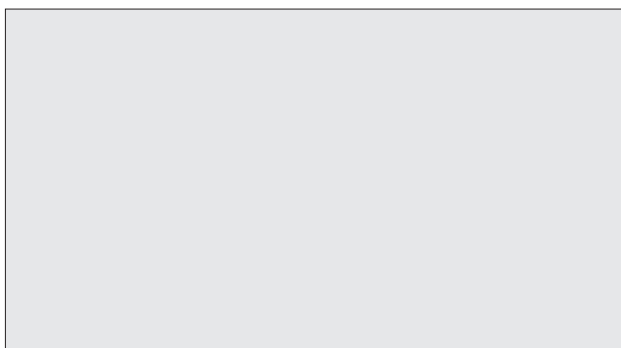
c/o Bike New York  
 891 Amsterdam Avenue, Room 002  
 New York, NY 10025-4403  
[www.5bbc.org](http://www.5bbc.org)

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

Address Service Requested



Patience, Perseverance & Heart--  
 The resplendent Danny Lieberman  
 2008 Golden Spoke award *palmarès*  
 Photo by Rhonda Wittorf.



## About the Five Borough Bicycle Club

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

Executive Board Meetings, which are open to club members who have contacted the club President 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, 2009\*

\*Membership initiated after October 1, 2009 is valid through December 31, 2010.

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

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

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the March-April 2009 issue is:

**Monday 2 February 2009**

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Bicycletter January-February 2009  
 Volume 19 • Issue 1

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

## Contacting Us

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

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

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

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

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

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