

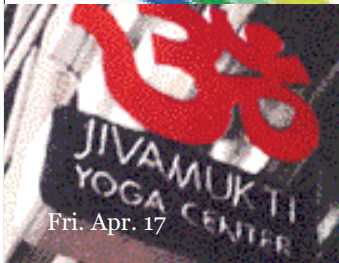
# BICYCLER™

Bi-Monthly Publication Of The Five Borough Bicycle Club---Sans Print Edition  
March - April 2009  
www.5bbc.org

**General Meetings**  
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**BICYCLE MAGAZINE**

Wed. March 11



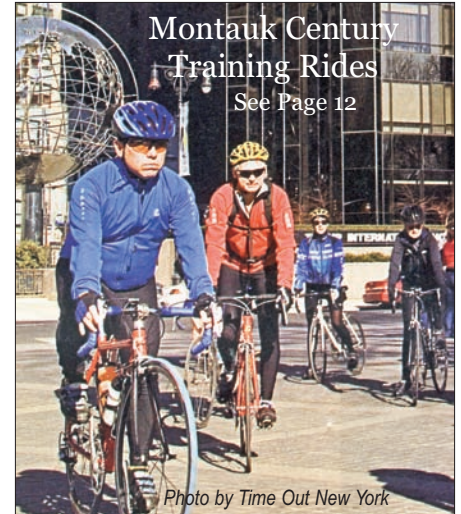
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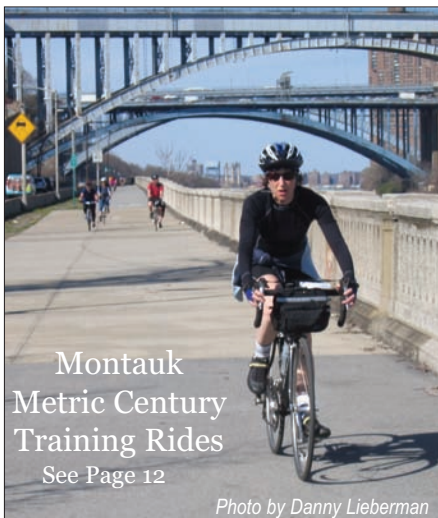
**Day Trips**  
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*Photo by Alfredo Garcia*

**Montauk Century Training Rides**  
See Page 12



*Photo by Time Out New York*



**Montauk Metric Century Training Rides**  
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*Photo by Danny Lieberman*

Let's Get  
**READY For**



**Our Cycling Season!**

See Page 13 for Details!



The  
5BBC  
Montauk  
Century  
Sunday, May 17, 2009

*Photo by Chun H. Fong*

**Weekend Trips**  
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*Photo by Sharon Behnke*



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*Photo by Brightroom*



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*Photo by Alfredo Garcia*



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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



via hugojcardoso

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).

PLEASE RENEW YOUR 5BBC MEMBERSHIP FOR 2009, IF YOU HAVEN'T DONE SO YET. THANK YOU!



Wed., March 11, 2009, 7PM

Ask the Best Wrenches in the NYC Metro Area!

## Bicycle Habitat

244 Lafayette St.  
New York, NY 10012  
a few blocks south of Houston St.  
Subway #6: Spring or Bleecker St.  
Phone: 212-431-3315  
[www.bicyclehabitat.com](http://www.bicyclehabitat.com)



Fri., April 17, 2009, 7PM

An Enlightened Ride  
---Yoga and Cycling!

## Jivamukti Yoga School

841 Broadway, New York, NY 10003  
( 2nd floor )  
B/W 13th-14th Streets, Manhattan.  
Phone: 646-265-0301  
[www.jivamuktಿಯoga.com/centr/nydowntown.html](http://www.jivamuktியoga.com/centr/nydowntown.html)



*General Meetings  
Presented by  
Barry Hartglass  
5BBC Programs  
[programs@5bbc.org](mailto:programs@5bbc.org)*

*For more information on these meetings, please email Barry or visit [www.5bbc.org/events.shtml](http://www.5bbc.org/events.shtml)*



Photo by Daniel Valdez

**Maria Massana** is a wellness coach & yoga instructor, as well as a cyclist and a runner, will demonstrate how the various forms of yoga, which includes breathing, stretching, meditation & spirituality can compliment cycling in addition to giving a steady focus. She will give a tour of the Jivamuktis studios. The meeting will be held in the Tea Cafe. Buy & enjoy a wholesome dinner, which is vegan and organic, with a great selection of salads, sandwiches, raw soups, burritos, vegan specials, and drinks. for a unique and healthy eating experience. Price range is \$5 to \$15 for a meal.

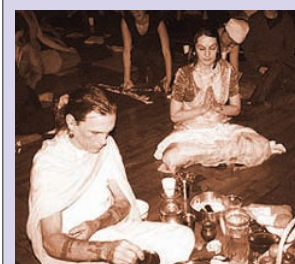


**Charlie McCorkell**, our good friend and proprietor of Bicycle Habitat will once again for the third year host our March General Meeting!

This is an exclusive 5BBC event for members & their invited guests. Store inventory merchandise will be on sale in excess of the usual 5BBC Club Discounts for this meeting!

This is also an excellent after-hours opportunity to discuss with the Bicycle Habitat any questions you may have relating to bikes, gear, accessories, clothing, etc!

Bell/Giro Sports, will present some cool tech stuff in helmet technology and safety.



**The Jivamukti method of Yoga** was created by David Life and Sharon Gannon in 1984. It is a vigorously physical and intellectually stimulating practice leading to spiritual awareness. Ms. Massana encourages people to read about Yoga basics, by visiting [www.yogajournal.com/basics/165](http://www.yogajournal.com/basics/165). We hope this event will give you good ideas with respect to self development and improvement of your cycling skills. In the interim we wish you health and wellness.  
**Namasté!**

## 5BBC Rides Meeting Places

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 Monument fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St.

### Cunningham Park

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

### Grand Central Terminal

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

### 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.

### Plaza Hotel

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

### Popeye's Restaurant

125 Canal St., between Canal & Chrystie streets, near Sara Delano Roosevelt Park, Manhattan. Subway: B D to Grand St., J M Z to Bowery, F to East Broadway.

### Prospect Park (Grand Army Plaza)

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

### Wakefield

White Plains Road at 241st St, Bronx. Subway: 2 to last stop.

For a comprehensive list of ride locations, visit:

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



# 5BBC Day Trips March-April 2009

Note: Daylight Savings Time ends Mar. 8; set clocks 1 hr ahead @ 2AM

Ok...the time has come, no more excuses. Spring is most definitely in the air, so if you haven't been riding this winter, it's time to blow the dust off your bike and get ready for the club's main event, **THE MONTAUK CENTURY**...and of course that means training rides. These rides will

**ANDREA CASERTANO**

**RE: Cycling**

*5BBC Day Trips*

prepare you for what lies ahead, progressing from 30 to 90 miles. Make sure to check out the complete training ride schedule on the website for further details.

This is an exciting time to be outdoors after a long cold winter and there are rides for everyone... celebrate Spring with Terry Chin's **Earth Day Ride** on April 12th or Jim Zisfein's **Shad Bake Ride** at Mrs. Kearney's Tavern on May 2nd.

Before you get on the road, make sure your bike is in good working order, including air in your tires, brakes & gears that work and chain that is greased. Now is the time to think about getting a tune-up at your local bike shop. Also, be prepared before you ride, making sure to pack a spare tube, pump, patch kit, plenty of water, a Metro card or an MTA Bike Permit and energy snacks.

Be sure to check the 5BBC Bulletin Board for ride cancellations and changes. Have fun and be careful out there! See you on the road.

## Sunday, March 1, 2009

**TRAINING RIDE #0: WAVE HILL**  
**10:00 AM Columbus Circle, 25 miles**

Spring is upon us! Let's start our spring training for The Montauk Century with a ride to Riverdale. We'll ride at a pace of 10-12.5 mph. 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.

## Saturday, March 7, 2009

**TRAINING RIDE #1: HICKSVILLE**  
**9:30 AM Cunningham Park, 35 miles**

Let the training series begin.....Hicksville is still a great destination. Join Ed & Liz for a moderately paced trip. Leaders: Ed Pino, Liz Baum.

## Sunday, March 8, 2009

**DAYLIGHT SAVINGS TIME ENDS**  
**Set clocks 1 hour ahead for correct time**

**TRAINING RIDE #2: ENGLEWOOD**  
**9:30 AM, (Quick Spin to W. Englewood/Teaneck) Columbus Circle, 35 miles**

Our Training Series continues with rides alternating from mid-Manhattan. Progress through the series with your friends. Of course bring a pump, lock, hydration, and money for lunch. Quick Spin will dine at a Kosher restaurant and the Regular Group will dine at the Royal Cliffs Diner. Leaders: Alfredo Garcia & Ken Williams; Quick Spin Leaders: Jim Zisfein & Dana Hudes

## ☺ WOODLAWN CEMETERY TOUR

**9:00 AM, HI-AYH, 30 miles**

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

## Saturday, March 14, 2009

**TRAINING RIDE #3:**  
**WEST ENGLEWOOD**  
**9:30 AM Columbus Circle, 40 miles**

We'll travel a little farther than our last venture and climb a few more hills before our obligatory diner stop. You'll see how easy it is to progress through the training ride series. Don't forget to bring a few tools, hydration and a lock. Leaders: Brian Hoberman & Jim Zisfein.

## Sunday, March 15, 2009

**TRAINING RIDE #4: SANDS POINT**  
**9:30 AM, Cunningham Park, 35 miles**

Our Montauk Century Training Series has kicked off & now we are taking trips along Long Island's North Shore. Expect hills, chills & no spills. Complete the series & you'll be ready for anything. Leaders: Ira Najowitz, Ed Pino & Liz Baum.

## ☺ THE ULTIMATE TOUR OF PROSPECT PARK

**10:30 AM Popeye's Restaurant (Chrystie St. and Canal St.) across Manhattan entrance to Manhattan Bridge, 15 miles**

Welcome back Spring with a Grand Tour of the Park. The Park has many famous points of interest: from the Soldiers and Sailors Monument Arch to the Battle Path in the 1776 Battle Of Brooklyn. We'll stop at the Quaker Cemetery, the final resting place of the actor Montgomery Clift. We'll picnic on Point Lookout, a nice place for



birding. Bring lunch or \$ for it, binoculars and locks. Leaders: Terry Chin & Ed DeFreitas.

**Saturday, March 21, 2009**

**TRAINING RIDE #5: NORTHVALE**

**9:00 AM (8:30 AM Quick Spin)**

**Columbus Circle, 45 miles**

Northvale! Even the name leaves you breathless. This is one of the more scenic and challenging early rides. Join the quick spin group at the earlier time if you want to ride upwards of 15mph. Otherwise hang back with the "Regular" group  
Leaders: Jim Zisfein & Andrea Casertano; Quick Spin Leaders: Dennis Griffin & Jesse Brown.

**☺ BOUND TO LEAVE A THIRD IMPRESSION RIDE**

**10:00 AM Prospect Park, Grand Army Plaza, 15 leisurely miles**

So what happened to the first two impressions? First Gavin, our host had a spill on his bike and couldn't get to his shop. Second Gavin was OK but the weather wasn't. So we try again! As a bookbinder and letter presser Gavin, (our mystery host) will 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?) We'll visit his Brooklyn shop, and this time, hopefully the weather won't put us in a "bind." We'll meet at Prospect Park. Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford & TBA.

**Sunday, March 22, 2009**

**BROOKLYN SOJOURN**

**9:00 AM, City Hall, 40 miles,**

**moderate, mostly flat**

Electric cars aren't new. Beautiful brownstones and not the expected neighborhoods. Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. And, maybe more are the points in a Brooklyn sojourn. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas & others.

**Saturday, March 28, 2009**

**TRAINING RIDE #6: LOCUST VALLEY**

**9:00 AM (8:30 AM Quick Spin)**

**Cunningham Park, 50 miles**

Next in our series is a lovely and challenging ride to the quaint town along the "Gold Coast." Visit [www.locustvalley.com](http://www.locustvalley.com) for more information. Don't forget to bring a lock and lunch money. Leaders: Ed Pino, Liz Baum & Ira Najowitz; Quick Spin Leaders: Dennis Griffin & Jesse Brown.

**Sunday, March 29, 2009**

**METRIC TRAINING RIDE #1:**

**HICKSVILLE**

**9:30 AM, Cunningham Park, 30-35 miles**

We're reprising the trip to Hicksville again for the debut of our Montauk Metric series. Once again we're visiting the Empire Diner, made famous in the Billy Joel song "Great Wall of China." Same prep & advice applies: pack the necessary tools, water and a lock. Leaders: Ed Pino & Liz Baum.

**UNDER & OVER HUDSON**

**9:30 AM, City Hall, 30 miles**

Moderate pace, mostly flat with one big hill Stretch your legs along a long shoreline stretch from Hoboken to the G.W. Bridge (with the one big hill). Bridge the Hudson back to NYC. Pass Seinfeld's (who?) old haunt and choose your lunch cuisine from Italian, Asian and Eastern Europe.



Stopping for a memorable group photo during an Ed DeFreitas' Frostbite Ride. Photo by Arabelle Taggart

It's all on one Amsterdam Ave. block between 110th & 11th Streets. Then, we'll follow the Hudson River line (really, ask Ed why.) back down to City Hall. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas & others.

**Saturday, April 4, 2009**

**TRAINING RIDE #7: WESTWOOD**

**9:00 AM (8:30 AM Quick Spin) Columbus**

**Circle, 50 miles**

How far west is Westwood? Is it East of Eastlake or North of Northvale? We're not fooling around today because we're taking one of the most scenic trips in our series. Westwood is tucked into a hilly corner of Bergen County & the farther you go, the prettier it gets. Remember to bring money, cable lock and camera. Leaders: Alfredo Garcia & Josh

## Bikes On Trains

**MTA New York City Subway**

24-hour access, no permit required, \$2 fare each way. 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, visit: <http://advisory.mtanyct.info/customerselection.asp>. Read "Bike Safety in the Subways": [www.mta.nyc.ny.us/nyct/safety/bike/](http://www.mta.nyc.ny.us/nyct/safety/bike/)

**MTA Metro-North Railroad Long Island Rail Road**

Access requires a MTA Bike Permit, as well as fare, good for both trains, 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 form:

[www.mta.nyc.us/mnr/html/mnrbikpermit.htm](http://www.mta.nyc.us/mnr/html/mnrbikpermit.htm)

For more information on all MTA trains, visit [www.mta.info/bike/](http://www.mta.info/bike/)

**NJ TRANSIT RAIL**  
The Way To Go.

Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program 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)

**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/CommutingTravel/path/html/rules.html](http://www.panynj.gov/CommutingTravel/path/html/rules.html)



**IMPORTANT CYCLING NOTE #1**

There may be more rides not listed in the Bicycletter. Please check the club web at [ww.5bbc.org/rides.shtml](http://ww.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 communiqué mailed to our members in the Age of the 21st Century Internet.

**The Print Bicycletter was sent out THANKS to Phil Goldberg, Andrea Casertano & Mary McNulty**

Gosiak; Quick Spin Leaders: Jesse Brown, et al.

**Sunday, April 5, 2009 TRAINING RIDE #8: CENTRE ISLAND 9:00 AM (10:00 AM Quick Spin) Cunningham Park, 65 miles**

Centre Island, one of our favorite destinations, is an essential marker in our training series. Get out along the breathtaking shore and you'll find the hills are not as daunting as they were last time. Don't forget lock and money for lunch. Leaders: Ed Pino, Liz Baum & Ira Najowitz; Quick Spin Leaders: Dennis Griffin, Jesse Brown & Neil Weissman. Co-listed w/ NYCC.

**KENSICO DAM 9:00 AM, 241<sup>st</sup> St. (Wakefield ) stop, #2 train, 35 miles, Moderate, mostly flat**

After we ride on roads to Bronxville, the ride turns beautiful. Except for a short area between Scarsdale and Hartsdale, we travel on paths along streams and ponds, over wooden footbridges and small waterfalls. See what the WPA hath wrought. Enjoy lunch at the base of the dam. Bring money for lunch and MTA Bike Permit in case you need Metro-North. Leaders: Ed Defreitas & others.



Bicycle defiantly secured at a station despite sign. Photo by Kathleen Pryce

**Saturday, April 11, 2009 TRAINING RIDE #9: ROCKLAND LAKE 9:00 AM (8:30 AM Quick Spin) Columbus Circle, 70 miles**

This ride will take you north into the hillier terrain of Rockland County and the town of Congers. If you've been following our progression you'll be ready for the slopes and valleys along the way to Rockland Lake State Park. Leaders: Alfredo Garcia & Brian Hoberman; Quick Spin Leaders: Dennis Griffin, et al.

**METRIC TRAINING RIDE #2: ENGLEWOOD 9:00 AM, Columbus Circle, 30 miles**

Our Metric training series continues with a medium-paced trip across the GW Bridge and the hills of Bergen County. Cross the George Washington Bridge and enjoy the hills of Bergen County. Bring lunch money and bike lock. Leaders: Marina Bekkerman & Jesse Brown

**☺ CONCRETE IDEAS RIDE 11:30 AM. Plaza Hotel, Approximately 30 leisurely miles**

We started with some concrete ideas to help our new President cement relationships with congress, but just like our previous ride plans, things got stormy. Now that the stimulus package has passed, perhaps we can stimulate the economy too...starting with the White House lawn. How about an extra eagle on the grass to show our strength? Perhaps 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 a late lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford & Phil Goldberg.

**Sunday, April 12, 2009**

**☺ EARTH DAY RIDE TO MARINE PARK 10:30 AM Popeye's Restaurant (Chrystie St. and Canal St.) across Manhattan entrance to Manhattan**

**Bridge, 25 miles**  
Join us in a ride to the Natural Center in Marine Park. We'll walk the "Salt Marsh Walk Path" in observation of Easter and Earth Day. Bring walking shoes, \$ for lunch & locks. Leaders: Terry Chin & Ed DeFreitas.

**Saturday, April 18, 2009 METRIC TRAINING RIDE #3: CITY ISLAND**

**9:00 AM, Columbus Circle, 40 miles**  
City Island is not just a little fishing village off of the coast of the Bronx. The coastline in this area is tremendous and filled with greenways. This training ride is mostly flat with a few hills and wonderful scenery. Lunch stop on the island and return via Pelham Manor, Mount Vernon and Yonkers. Leaders: Danny Lieberman, Marina Bekkerman & Andrea Casertano.

**Sunday, April 19, 2009 TRAINING RIDE #10: SUNKEN MEADOW 8:30 AM (10:00 AM Quick spin), Cunningham Park, 75 miles**

Now this is a truly great ride. Never mind the training aspect; it's just fun all the way to the



beach. Please remember to bring your MTA Bike Permit in case you need to bail out! Leaders Ed Pino, Liz Baum & Ira Najowitz; Quick Spin Leaders: Dennis Griffin & Neil Weissman. Co-listed w/NYCC.

**Saturday, April 25, 2009**  
**TRAINING RIDE #11: STONY POINT**  
**8:00 AM, Columbus Circle, 82 miles**

For the longest training rides we just have one group going out. Stony Point, just south of Bear Mountain, is one of our most technical and challenging trips. This ride is very hilly, so don't attempt this unless you are ready. Leaders: Alfredo Garcia & Steve Sakson; Quick Spin Leaders: Jesse Brown, et al.

☺ **RIDE, FIX FLATS, EAT,**  
**BIKE COURSE RIDE**

**10:00 AM, Columbus Circle, 25-30 miles**  
After riding from Columbus Circle to Dyckman Park mostly along bike paths, we will teach people how to fix flats, patch tires, and - special bonus! - how to adjust the seat and handlebar heights (for those bikes that have adjustable handlebars). Rain cancels; call 917 301-0707 if in doubt. Bring lunch or money for lunch. Leaders: Stephen Jackel and Dan Finton

**Sunday, April 26, 2009**  
**SPRING TRAINING RIDE:**  
**STONY POINT**

**9:00 AM, HI-AYH, 80 miles**  
(See 4/25 description) We'll move at a quick spin pace of 15 mph cruising, bring lunch and plenty of water. Lunch will be in a park. Note: **No Drop-Point-Sweep** on this ride; keep up with the Point or use your cue sheet. We hope to return to HI-AYH to get you home before sunset. Leaders: Dana Hudes & Ken Williams.

**Saturday, May 2, 2009**  
**TRAINING RIDE #12: LLOYD NECK**  
**8:00 AM Cunningham Park, 85 miles**

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. **No Point-Drop-Sweep today.** Pack some snacks for the trip, in case you need the extra energy, and plenty of water so you don't get leg cramps. Warning, not for beginners. Leaders: Ira Najowitz & Dennis Griffin (One Group, Cue sheet only.)

☺ **SHAD BAKE AT**  
**MRS. KEARNEY'S TAVERN**  
**10:30 AM, GWB Bus Terminal (W 178<sup>th</sup> & Ft. Washington Ave), 20 miles.**

Our destination is an 18th-Century house that was a tavern run by the Kearney family and possibly a Revolutionary War British army headquarters. The Kearneys are having an open house and Shad

bake with live music, good food, and good fun. Admission \$3. Relaxed, easy ride pace. Leaders: Jim Zisfein and others.

**Sunday, May 3, 2009**  
**MEET AT THE GUNKS**  
**8:30 AM, Grand Central Terminal, 55 miles, 15 mph pace, rolling hills**

When thirty thousand cyclists descend on NYC, it's time to leave the city and head for a quiet ride in the country. Let's take Metro North up to Poughkeepsie for a nice quiet ride on back roads through part of the Shawangunk Mountains. We'll bike across the Mid-Hudson Bridge, then up and west. Along the way we'll ride the Highland Rail Trail. After a brief rest stop in New Paltz, we'll ride on the oldest street in America and continue on for a quick peek at the Delaware and Hudson Canal Museum. No formal lunch stop. We will picnic at a suitable spot. We will return to Poughkeepsie and take the 5:30 PM train back to Grand Central. Triples are recommended. Bring MTA Bike Permit; \$26 for round-trip rail fare from GCT bag lunch. Contact info: email dhudes@hudes.org, cell 646-642-2203 and/or email jessefbrown@yahoo.com. Leaders Dana Hudes & Jesse Brown.

**Saturday, May 9, 2009**  
**TRAINING RIDE #13: EATON'S NECK**  
**8:00 AM, Cunningham Park, 90 miles**

OK, you've done the rest - now finish the job! The scenery of the North Shore expands on this beautiful trip and the main century event is just one week away. If you're ready for this 90 miler you'll have no problem with the full century coming up. **No Point-Drop-Sweep** on this final training ride. Leaders: Ira Najowitz & Dennis Griffin (One Group Only, Cue sheet only.)

**Sunday, May 10, 2009**  
**METRIC TRAINING RIDE #4:**  
**PIERMONT**

**9:00 AM, Columbus Circle, 50 miles**  
Our metric series concludes with an old standard - Piermont, NY. Enjoy the hills, green pastures and river views. We'll visit the pier that extends nearly a mile into the mighty Hudson. Bring lunch money and a camera. Leaders: Marina Bekkerman & Jesse Brown.



All official Montauk Training rides are in the Day Trips listings. For just an official all-training rides list, go to page 12

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

- Sharon Avelli
- Blaise Barron
- Kevin Bolan
- Tori Butt
- Alexa Cabellon
- Ellen Cavanagh
- Delenoar Cook
- Troy Cook
- Walter Delpiaz
- James Danoff-Burg
- Sharon Danoff-Burg
- Joan Ferreira
- Juan Ferreira
- James Finder
- Cathy Fontana
- Ixsa Gollihur
- John Graffeo
- Andy Grypo
- Joyce Grypo
- Bobby Hahn
- Pat Loretdemola
- Shawyn Maley
- Ryan Momssey
- Maria Nemethy
- Joy Oriol
- Kevin Oriol
- Deborah Pangallo
- Emily Porter
- Joseph Romano
- Rachel Siegel



*Inclusion: Veteran 5BBC leader Ed DeFreitas (above) helped with behind-the-scenes of last year's 5BBC Holiday Party. Ed provided snacks and prizes for the raffle contest. In addition, Ed was the first to receive the 5BBC Golden Spoke award, in 1998. --Editor.*

## Bicycle Habitat Tips on Theft Prevention

Good ideas for what TO DO:

Lock your bike to an immovable and substantial object—that is, something stationary like a parking sign or a lamp-post.

Secure frame, wheels and seat

Remove front wheel and place it so it can be secured along with frame and back wheel by your main lock; a quick get-away is less easy for the thief who has to take the time for reassembly

U-locks are deterrent locks only; they are okay as a second or third lock to secure wheels; as the main or only lock, your bike can be picked up and used as a ready-made lever to break open the U-lock

If you have a quick release seat, either remove it every time you lock, or, better yet, re-attach seat with a bolt and keep a drive train chain threaded through seat rails to frame; a cable lock for seat is another option

Consider making your bike lock undesirable, as a deterrent only

This may be a viable option for you: use spray paint, duck tape, rasp—be creative  
Options: cover the orifice of the handle bar stem bolt with melted wax or by adhering a ball bearing with epoxy

Lubricate lock mechanism every couple of months

For more tips, visit [www.bicyclehabitat.com](http://www.bicyclehabitat.com)

# Bike Theft and An Elusive Wholeness, A Paralyzed Ambition

By Daniel Garrett

Last Thursday, December 18, I rode a bike, an old red bike in good condition, loaned to me by an aunt, to St. Martinville. There wasn't much of a wind and it was a mostly pleasant ride. I did some research and other work at the library in town.

I was at the library for several hours and saw the bike shortly before I planned to leave, about 4 p.m., and I did a few more things on computer and put away a magazine and when I walked out the door, about 4:30 p.m., the bike wasn't where I left it, though it had a lock around the chain (and the wheel on which the chain turns) that made its back tire impossible to turn.



I had seen a young man enter the library--wearing a black T-shirt with the word "Cajun" on it and tan pants (he was black, so that's why I noted the word Cajun and the pants may have been dirty near the leg bottoms); and he used the rest room. He might have taken it. I'm trying to recall, as well, if I saw anything else, such as a truck near the bike.

From the library, I called the police department and a policeman came, took a brief report, drove alone around the nearby blocks, then took me home. He and I talked about the theft and also about the costs of being an artist.

He said most of his family are educators and his wife is a writer. He said that being a policeman, he is a rarity in his family, although he did study art in school (and he couldn't see being a starving artist with three children, as he has). He told me he would keep an eye open for the bike. It is easy to feel, following the theft, both foolish and furious--and weak and wrathful. It's hard not to think that I should have gone outside to check on the bike peri-

odically--to discourage any watchers; or that I should have left the library sooner.

It's a telling thing: I had just been thinking days before that it might have been a sign of the difference between New York and Louisiana that the bike hadn't been stolen, as I had twice forgotten to put the lock on the bike, once in New Iberia, and once in Loureauxville, but the bike remained where I put it both times, though I had left it for several hours each time. (The lock was on it when it was taken in St. Martinville. Following the theft, someone told

It is easy to feel,  
following the theft, both  
foolish and  
furious--and weak and  
wrathful.

me, That would happen in St. Martinville.)

It's hard not to feel vulnerable and violated, and apprehensive about seeing someone with the bike. I half-hoped that the bike would be returned to the library (because the lock will make it inoperative, if it cannot be removed). I told my aunt, she who loaned me the bike; and she was understanding. My sister offered one of her family's bikes (they are in a shed on my mother's property). The theft has been unsettling; and I had trouble sleeping for several nights afterward.

The theft reminds me of some basic things: the need of personal transportation here, rather than the public transportation so easy to find in New York; my own limited funds and options (I cannot afford a car now); and the desperation and malice that often overtakes people (why steal someone else's property; and why take and keep something that you cannot use?)

One keeps expecting the future to be better, for one's fortunes to rise, for one's neighbors to be transformed into a community; and the present, which is yesterday's future, remains as frustrating as ever.

*Copyrighted 2008 by Daniel Garrett, from his City and Country Boy and Man blog:  
<http://cityandcountryboyandman.blogspot.com>*

*Daniel was writing about the bike theft from Louisiana.*

*Graphic via bikingbis.com*



## Ask the Nutritionist



www.clipartmountain.com

By Leila Rinehart, MS, RD

**Question** – Are fresh vegetables healthier than frozen or canned?

**Answer** -- Vegetables are a great natural source of vitamins and fiber whether they're fresh or frozen. Canned vegetables are sometimes a healthy option as well, though they're often high in sodium. It's recommended to check the label for low sodium items when choosing canned. Nutrient content depends on several factors including the soil they're grown in and especially the time that passes between harvest and being served. When fresh vegetables travel long distances on the way to the table they may end up having fewer nutrients than frozen or canned items that were processed quickly after harvesting.

Preparation methods also impact the nutrient content of the vegetables on a plate. Steaming, roasting, grilling or microwaving keeps most of the nutrients in the food. Some vegetables retain the most nutrients when served raw, but for others cooking makes the nutrients more available. Boiling vegetables is not recommended, as some nutrients are lost in the cooking water.

The exception for this would be soups or other recipes where the water used for boiling is used in the recipe. Recipes that add a lot of salt or fats should be used sparingly, otherwise just about any vegetable prepared almost any way is a good way to boost health and feel great, and something we will all do well to enjoy often.

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

## Nutrition Plan for a Basic Training Ride



From Cycling Performance Tips, [www.cptips.com](http://www.cptips.com)

This ride is just a bit longer than the 2 hour limit that can lead to the bonk, so snacking on the bike is important. As intensity increases above 60%, it is more important to avoid eating in the 4 hour pre-ride interval to avoid GI\* distress.

4 days prior - balanced diet with 60-70% Calories from carbohydrates; at least 600 grams of carbohydrate the day prior to the ride

4 hours prior - if the intensity is moderate, eating during this interval is OK; avoid excessively fatty foods and try to eat 2 hours before the ride

4 minutes prior - nothing special

During the ride - start eating regular snacks, energy gels, or sports drinks at the beginning of the ride to replace the estimated Calories burned per hour

Post ride - a carbohydrate snack, particularly in the 10 to 15 minutes immediately afterwards, will take advantage of the window of maximum glycogen resynthesis and may cut down on muscle soreness fluids - one water bottle per hour, perhaps a bit more in hot weather.

\* *glycemic index (GI) - measuring effects of blood glucose (sugar) with eating, digesting and absorbing carbohydrates into the body.*

*Examples of food with carbohydrates: Bread, pancakes, pasta, vegetables, cookies, energy bars such as Powerbars, rice, soups, etc. Consult a dietician or nutritionist professional for more information and advice.*

## Interesting Cycling Accessories



**Trek Soho Coffee Mug**  
Drink that cup of joe--this bottle can fit into a water bottle cage. \$15. [www.trekbikes.com](http://www.trekbikes.com)



**Bike Tube, Presta or Schrader valve**  
Essential to bring on a ride, especially on long training rides - your basic bike tube. Bring at least two. Good in case you get a flat tire. Various sizes, \$5 and up. At your friendly neighborhood bike shop as well as online ones.



Bicitekas is a Mexico City organization that advocates the use of bicycles and other sustainable transportation. Plus they petition government for more cycling facilities (e.g. bike lanes, safer roads.)

This is their manifesto, translated from the Spanish:

For Cities, More Humane and Sustainable Transportation

At the beginning of the 21st century, the way in which mankind lives is disappointing. The constant desire to maximize short-term profit has plunged us into a process of destroying the very elements that gave us life and we have kept as a species for thousands of years.

We made the mistake of thinking that our advanced machines make us indestructible, and therefore do not need anything else. In reality, what happens is that the abuse in the use of these machines is destroying our essence.

Trapped in a psychological dependence, we are poisoning our bodies and minds, and driven to destruction on innocent people who have every right to inhabit this planet.

Against our social nature, we are losing the ability to live together. Urban life revolves around the car. While moving in capsules, fellow becomes a simple obstacle, as if they are on foot, by car or bicycle.

To keep the monster, we have been willing to commit any crime, from broken and stain to our mother earth, to sacrifice our sisters and brothers in wars over fuel. While on the one hand we announced our social progress, on the other we condemn our children and elderly people to breathe poisonous gases.

We have no excuse or justification. We know the situation, causes and effects. Most people in the city do not know the effects of pollution.

## Mexico City Biking

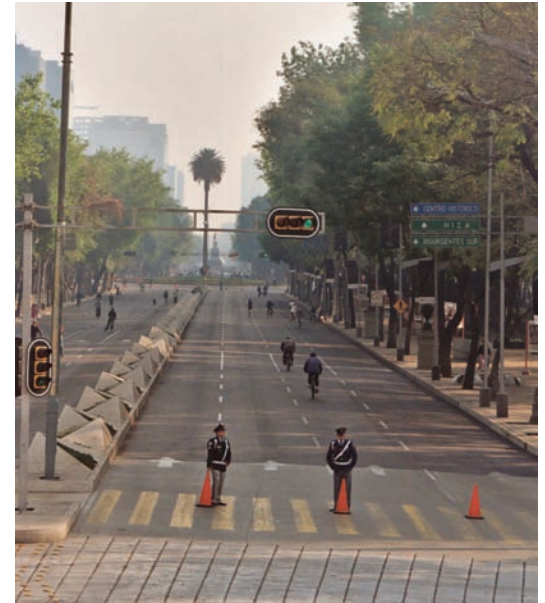
Articles and Photos by Dan Bach

When I first told people I was going to Mexico City, most people warned me of pollution, crime, poverty and being not very interesting. So when I arrived there for an extended weekend in January, my mind did not conjure images of biking. After all, I had been to Amsterdam, Montreal and Copenhagen where their reputation of cycling had preceded them. I had anticipated a city of cars and buses spewing pollutants into the air with little bike or pedestrian traffic. I had little thoughts of a biking atmosphere.



However, I was presently surprised that the city was just the opposite from what I had anticipated. To start, after leaving my hotel after arrival, I looked to my right and was able to see a bike station right outside. What was this? Yes, a kiosk filled with bikes and helmets. You could not beat the price, even I could translate gratis meant free. For 2 hours one had full use of both. That does not mean that the bikes are in full force in the city, but even to commit these resources I realized that they were trying to change their culture. Please note that they don't have near the amount of bike lanes that they have in other cities and indeed, I did not see a huge amount of bike lanes in Mexico City, but on Paseo de la Reforma I did observe some near the Museum of Anthropology, a very impressive collection of the history and artifacts of Mexico's original inhabitants.

The city itself was quite interesting, especially in the historical area. Of course, the food was great in the restaurants and while the street food looked delicious, I did not want to tempt fate so I did not sample the street cuisine, I had heard enough stories of Montezuma's revenge not to want to get sick on an abbreviated holiday.



Then after a couple of days, on Sunday, to my great surprise I saw their version of Summer Streets. Prior to this I had not realized that this idea had originated in South America. I was staying at a hotel on Paseo de la Reforma, ironically next to the US Embassy. There a long section of a multi-laned tree lined road of some miles that was closed to vehicular traffic on Sunday morning. The police were at the intersections diverting the traffic around the road and instead it was full of people biking, running and rollerblading. There was even a section for people to do aerobics and of course, a bike repair station for those who needed technical support. It was at that location that I learned that a small group of people have tried to encourage the use of biking as a way to combat pollution in a city with a population of 8.6 million people.



The following day it was a one hour drive to the pyramids, the largest of which is the third largest pyramid in the world the area is quite impressive,



one can spend hours just walking around the area trying to imagine what Mexico was before the Spaniards came.

So, if you want an unusual vacation, one in which you can squeeze in some biking as well as learning about history and great food, think about Mexico City.



**"I looked to my right and was able to see a bike station right outside. What was this? Yes, a kiosk filled with bikes and helmets. You could not beat the price, even I could translate gratis meant free. For 2 hours one had full use of both."**



Bicitekas are a group of people who have decided to act.

1. We believe in the need for humanization of cities & creating an environment conducive to life and development of the human being. We believe in the use and promotion of sustainable means of transport.

2. We proclaim the bicycle as the most ecological and efficient transportation, which does not use fossil fuel and therefore produces no emissions, optimize energy saving space and construction of roadways. Benefit the physical and mental health and improving human coexistence.

3. We proclaim the right of all persons using the bike in safety and freedom to travel and arrive at any point.

4. Bicitekas fosters a culture of cycling as a way of life. We are opposed to current urban development, which considers the car and not the people, as the largest entity in the city.

5. We believe that the regulation of transit is to encourage bystanders according to their vulnerability and their environmental impact. Transportation for the disabled and pedestrians, should have vehicles propelled by human power before any other sustainable transport.

6. We are independent and autonomous from any other group, political party and organization.

7. Bicitekas is open to participate and collaborate with other organizations that share common goals.

8. We are not a group for sports or recreation.

9. At Bicitekas we should lead by example. In the city, always cycling.

*Bicitekas publishes a magazine (in Spanish) and has a website: [www.bicitekas.org/](http://www.bicitekas.org/)*



Part of Mexico City's "La Ciclopista" a series of bike lanes, expanding nearly 50 miles. *From zonalatina.com*



# 5BBC MONTAUK CENTURY — TRAINING RIDE\* SERIES

\*Regular group rides cruise at a sustainable group pace and are point-drop-sweep style. Bike helmets required.  
Quick Spin group rides average 17mph+ on the flats, as 1 group. Both have a lower overall average due to hills, lights, etc.  
TR: Century Training Rides; MTR: Metric Century Training Rides

Starting Place: Manhattan—Columbus Circle

Central Park West at 59th St., Manhattan. @ Maine Mounument & Merchants' Gate, Central Park. Subways: 1 ABCD to 59th St.  
Starting Place: Queens—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.

Manhattan	Queens	Metric
<b>Sun. Mar. 8 - TR#2 Englewood</b> 9:30AM Columbus Circle, 35 mi. Leaders: Alfredo Garcia, Ken Williams Quick Spin: Jim Zisfein, Dana Hudes	<b>Sat. Mar. 7 - TR#1 Hicksville</b> 9:30AM Cunningham Park, 35 mi. Leaders: Ed Pino, Liz Baum	
<b>Sat. Mar. 14 - TR#3 West Englewood</b> 9:30AM Columbus Circle, 40 mi. Leaders: Brian Hoberman, Jim Zisfein	<b>Sun. Mar. 15 - TR#4 Sands Point</b> 9:30AM, Cunningham Park, 35 mi. Leaders: Ira Najowitz, Ed Pino, Liz Baum	<i>Ride safe and have fun on the training rides. Wear a helmet.</i>
<b>Sat. Mar. 21 - TR#5 Northvale</b> 9:00AM Columbus Circle, 45 mi. Leaders: Jim Zisfein, Andrea Casertano 8:30AM Quick Spin: Dennis Griffin, Jesse Brown		<i>TIP: Make sure that your bicycle is in good working order—brakes, gears, tires, chain, etc.</i>
	<b>Sat. Mar. 28 - TR#6 Locust Valley</b> 9:00AM Cunningham Park, 50 mi. Leaders: Ed Pino, Liz Baum, Ira Najowitz 8:30AM Quick Spin: Dennis Griffin, Jesse Brown	<b>Sun. Mar. 29 - MTR#1 Hicksville</b> 9:30AM Cunningham Park, 30-35 mi. Leaders: Ed Pino, Liz Baum
<b>Sat. Apr. 4 - TR#7 Westwood</b> 9:00AM Columbus Circle, 50 mi. Leaders: Alfredo Garcia, Josh Gosiak Quick Spin: Jesse Brown	<b>Sun. Apr. 5 - TR#8 Centre Island</b> 9:00AM Cunningham Park, 65 mi. Leaders: Ed Pino, Liz Baum, Ira Najowitz 10:00AM Quick Spin: Dennis Griffin, Jesse Brown, Neile Weissman (co-listed NYCC)	<i>TIP: Bring spare tubes, patch kit &amp; pump in case of flats.</i>
<b>Sat. Apr. 11 - TR#9 Rockland Lake</b> 9:00AM Columbus Circle, 70 mi. Leaders: Alfredo Garcia, Brian Hoberman 8:30AM Quick Spin: Dennis Griffin	<i>Food and Water are important; bring two water bottles or a hydration pack as well as pocket food or snacks.</i>	<b>Sat. Apr. 11 - MTR#2 Englewood</b> 9:00AM Columbus Circle, 30 mi. Leaders: Marina Bekkerman, Jesse Brown
<i>TIP: Bring your MTA Bike Permit in case you bail out during a Queens Training Ride.</i>	<b>Sun. Apr. 19 - TR#10 Sunken Meadow</b> 8:30AM Cunningham Park, 75 mi. Leaders: Ed Pino, Liz Baum, Ira Najowitz 10:00AM Quick Spin Leaders: Dennis Griffin, Neile Weissman (co-listed NYCC)	<b>Sat. Apr. 18 - MTR#3 City Island</b> 9:00AM Columbus Circle, 40 mi. Leaders: Danny Lieberman, Marina Bekkerman, Andrea Casertano
<b>Sat. Apr. 25 - TR#11 Stony Point</b> 8:00AM Columbus Circle, 82 mi. Leaders: Alfredo Garcia, Steve Sakson Quick Spin: Jesse Brown		
<i>Ride safe and have fun on the training rides. Wear a helmet.</i>	<b>Sat. May 2 - TR#12 Lloyd Neck</b> 8:00AM Cunningham Park, 85 mi. (1 group, cue sheet only) Leaders: Ira Najowitz, Dennis Griffin	
	<b>Sat. May 9 - TR#13 Eaton's Neck</b> 8:00AM Cunningham Park, 90 mi. (1 group, cue sheet only) Leaders: Ira Najowitz, Dennis Griffin	<b>Sun. May 10 - MTR#4 Piermont</b> 9:00AM Columbus Circle, 50 mi. Leaders: Marina Bekkerman, Jesse Brown



The 45<sup>th</sup> Annual

# 5BBC Montauk Century



**Sunday, May 17, 2009**

**Beautiful back road scenery, water views, bike-friendly low-traffic routes, and one of the flattest centuries ever!**

**65 miles, 100 miles, 145 miles (all end in Montauk)**

- **Great rest areas, lushly stocked (a windmill this year, too!)**
- **Fantastic S.A.G. support**
- **Post-event hot meal and other finish line goodies**
- **Free training rides to build up to your chosen length**
- **Check-ins at Manhattan or Babylon, LI**
- **Transportation available for you and bike**
- **Convenient registration on [active.com](http://www.5bbc.org/montauk.shtml)**
- **More information on [www.5bbc.org/montauk.shtml](http://www.5bbc.org/montauk.shtml)**



We  
want  
you!

## ***BE A VOLUNTEER!***

This is 5BBC's sole fund raising activity. Help support our activities throughout the year, the majority of which are free to you and the public, and ***VOLUNTEER*** for the 5BBC Montauk Century.

Fun and varied tasks and times available - - plus a great party in appreciation after!

*We want YOU!*

# 5BBC WEEKEND

**MEMBERSHIP REQUIRED.** To go on a weekend trip you must be a member of the Five Borough Bicycle Club, due to insurance regulations. You may join on the same registration form used to sign up for weekend trips. The annual fee is \$20 for individuals,

or \$25 for two people residing at the same address. Membership gets you additional benefits including a sub-

scription to our bi-monthly newsletter, which lists all our day and weekend rides; discounts to bike shops and on our bicycle courses.

## About Weekend Trips

### Summary of Weekend Trips

**WHAT'S INCLUDED.** The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners, unless noted otherwise. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also wear a bike helmet on all rides, no exceptions.

**HOW WE RIDE.** Weekend trips are lead by trained and experienced, but unpaid volunteer club leaders. On most trips, we use the Point-Drop-Sweep system to keep us together. In this system, leaders ride at the front and rear of the group. Trips have been categorized by distance, pace and terrain, as follows:

**A Rides** - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain.

**B Rides** - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills .

**C Rides** - easy, 20 to 35 miles per day, easy pace, and flat terrain.

**TRANSPORTATION.** Our transportation arrangements vary by trip and may include the following:

*Self contained trips:* Cyclists carry their own gear in pannier bags on their bike or in a



*Earliest Weekend Trip Yet—Washington, DC*  
**CHERRY BLOSSOMS IN DC**  
March 27-March 29\* (Friday evening to Sunday late afternoon)

**Trip No. CBD**  
**Deposit: \$150**  
**Regular price: \$245**  
**Transportation: bus / self-contained**  
**Lodging: hotel; shared rooms, double accommodation**  
**Trip Rating: B**  
**Mileage: Flexible; Approximately 25-35 miles per day, relatively flat**  
**Leaders: Fred Dieckamp & Brian Hoberman**

This spring check out the Cherry Blossoms in Washington, DC! Our weekend trip views trees in bloom at Washington's monuments and other park locations around the Tidal Basin. The ride will continue to Arlington National Cemetery and along the Potomac to Mt. Vernon, the home of George Washington. Dinner will be in Arlington's Old Town. The other day's ride will include quick side trips to Georgetown, the memorials to FDR, Jefferson, Lincoln and WWII before boarding a bus back to NYC.

\* Please note that the National Cherry Blossom Festival® is planned to coincide as nearly as possible with the blooming of the trees. Although an accurate prediction on the blooming period cannot be made very far in advance, this weekend trip departs Friday, March 27th. Also, the trip goes whatever the weather. Snow or rain necessitates Washington's museums and galleries!



*An Addition to the 5BBC's Springtime Classic*  
**MONTAUK CENTURY WEEKEND**  
May 16-May 17 (depart Saturday morning, return Sunday evening)

**Trip No. MCW; Space Available: 12 people**  
**Deposit: \$150**  
**Regular Price: \$275**  
**Late Registration Premium: \$10, effective May 6**  
**Transportation: van**  
**Lodging: motel, double accommodations**  
**Trip Rating: A**  
**Mileage/Terrain: Between 50-100 miles per**



*Lovely cyclists on a beach break, Montauk Weekend Trip, 2008. Photo by Wentworth Price.*

**day, mostly flat**  
**Leaders: Martial Henry, Wentworth Price**

For years cyclists from across the Northeast have come together to ride a springtime classic, the 5BBC Montauk Century. There's no wonder why: the ride is flat, scenic and superbly supported. Though, not everyone is up for biking 145 miles from Manhattan to Montauk in one day. Now, you can do it in two days on our fourth annual Montauk Century Weekend! This year our weekend option will include additional mileage opportunities for those interested in completing a fairly easy twin century over the two days. You'll start pedaling east from Manhattan Saturday morning, following the same Montauk Century route, and being supported by a private SAG van, which will also tote your weekend bag. Near the



# TRIPS 2009

midpoint, we'll gather for a fine dinner together and then retire for the evening at a hotel. Sunday morning, we'll have breakfast and join the throng for the rest of the route out to Montauk, enjoying all the Montauk Century event day services along the way. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear, back to the city. Simple, Convenient, and Comfortable.

Please note that the weekend trip price includes the \$65 registration fee for the Montauk Century event. If you have already paid for the event, please let the trip leaders or Weekend Trips Coordinator know so that you may receive reimbursement for the fee after the trip.

## *Memorial Day Weekend in Amish Country* **PENNSYLVANIA DUTCH TREAT** May 22-May 25 (Friday morning to Monday evening)

**Trip No. PDT**  
**Deposit: \$150.**  
**Regular price: \$375**  
**Early-bird discount price (Deadline April 22): \$338**  
**Transportation: van or carpooling**  
**Lodging: farmhouse; shared rooms, double or triple accommodations**  
**Trip Rating: B**  
**Mileage: Moderate, 40/day, rolling hills**  
**Leaders: Steve Sakson & Andrea Mercado**

Step back to a simpler time during our trip to bucolic Lancaster

County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures, and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll visit a working grist mill, and picnic on the site of an early settlement village. We'll lodge at local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. Dinner will be a unique experience every night. One evening, we'll be guests at the home of an Amish family. We'll also partake of a traditional Penn Dutch all-you-can-eat smorgasbord, and

we'll cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

## **Return of a "Classic"** **BEAR MOUNTAIN – HARRIMAN STATE PARK**

**May 23-May 25 (Saturday morning to Monday evening)**

**Trip No. BM**

**Space available: 15 people**

**Deposit: Pay in Full**

**Regular price: \$140**

**Early-bird discount price (Deadline April 23): \$126**

**Transportation: Self-contained**

**Lodging: Cabins/dorm rooms**

**Trip Rating: A**

**Mileage: Hard, 50 each way with some very steep hills**

**Leaders: Ira Najowitz and Manny Sanudo**

Our host location for this adventure-filled trek is



Penn Dutch, 2004. Photo by Howard Hall

the rustic Camp Thendara ([www.thendara-mountainclub.org](http://www.thendara-mountainclub.org)), a 90-year-old mountaintop lodge complete with stone fireplace, on Lake Tiorati in Harriman State Park. We will cycle 50 hilly miles from midtown Manhattan on Saturday, going "self-contained", meaning we'll carry all our gear on our bikes. A REAR RACK AND PANNIERS TO CARRY YOUR GEAR ARE REQUIRED. Sunday offers a variety of options: swimming, boating, hiking, biking in the park, or just relaxing. Home-cooked breakfasts and dinners, along with trail lunches, are all included in the price. Guests at Camp Thendara prepare their meals together and perform light clean-up

backpack throughout the day.

*Van trips:* We drive as a group to our destination in a comfortable 15-passenger van. We carry our bikes on the van, or, for larger groups, we rent a second van.

*Carpool trips:* If you have a car, this offers you the opportunity to obtain a substantial discount off the price if you agree to take up to two passengers and their bikes. We can often supply a rack for your car if you don't have one. Once you sign up for a trip, your leader may ask you about the carpool option. Rebates for each trip are based on the cost and driving distance, and vary with each trip.

**LODGING.** When we stay in motels or B&Bs, lodging is double or triple occupancy. When we stay in hostels, trippers share dormitory-style bedrooms, some with bunk beds. Some hostels have curfews. Some may require guests to perform simple housecleaning tasks.

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

**SIGNING UP.** You may sign up by mail or online. By mail, download a copy of our registration form and mail it to us at 5BBC, 891 Amsterdam Ave., New York, 10025. Or register online at [www.active.com](http://www.active.com) using your credit card (there is a small extra charge).

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

**CANCELLATIONS OR TRANSFERS BETWEEN TRIPS** are restricted by club rules and subject to withholding costs based on non-refundable expenses incurred by



the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip, unless you find a substitute.

**PREPARATIONS.** Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail weekends@5bbc.org.

*Fred Dieckamp*  
5BBC Weekend Trips



Bish Bash Bish, 2006. Photo by Sam Al-Dokanji.



Bish Bash Bish, 2006. Photo by Richard Brause.



Seekin' Hyde Park, 2008. Photo by Ken Coughlin.



Seekin' Hyde Park, 2008. Photo by Ken Coughlin.

**Enjoy Yourself on a 5BBC Weekend Trip with Bike!**

chores. On Monday, we'll bike home via a different route, with plenty of quiet back roads.

*Presidential Homes Series of Rides*

**SEEKIN' HYDE PARK**

**Aug. 1-2 (Saturday morning to Sunday afternoon)**

**Trip No. SHP**

**Deposit TBD**

**Price TBD**

**Transportation: Metro North Railroad and self-contained**

**Lodging: College campus**

**Trip rating: B**

*A Taconic Treat*

**BASH BISH BASH**

**August 22-23 (depart Saturday morning, return Sunday night)**

**Trip No. BBB**

**Space available: 15 people**

**Deposit: \$115**

**Regular price: \$165**

**Early-bird discount price (Deadline July 22): \$150**

**Transportation: Metro-North Railroad / self-contained**

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



Bear Mountain, 2006 / Photo by Vernon Bailey

**Mileage: 90 miles in 2 days, some hills**  
**Leaders: Susan Levine and Brian Hoberman (more details next issue)**

Come join us for a self-contained foray into the natural and cultural riches of the Hudson Valley. We depart from Grand Central Station on Saturday morning, and take MetroNorth to Cold Spring. Fifty hilly (and beautiful) miles of riding will bring us to Vassar College's elegant Alumnae House, where we'll stay for the night. Dinner is at a near-by restaurant owned and operated by a graduate of the Culinary Institute of America. Following dinner, a short walk through the Vassar campus for a performance at the Powerhouse Theater, where such highly regarded actors as David Strathairn, Idina Menzel, and Frances McDormand have appeared in recent years.

On Sunday morning, enjoy an all-you-can-eat breakfast in the stunning dining room at Alumnae House before we cycle to Val-Kill, Eleanor Roosevelt's retreat (and furniture factory!) in Hyde Park. We'll take a tour of the house and grounds before returning to Alumnae House to pick up our gear, and bike to the Poughkeepsie train station for the return trip to Grand Central.

**Trip rating: A/B**

**Mileage: flat-to-hilly, 110 miles in 2 days**

**Leaders: Jim Zisfein and Ed Ravin**

This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and rolling country hills. On Day 1, Metro North takes us to the heart of the Harlem Valley where we will ride rail trails and rural roads alongside the Taconic mountain range. We will visit beautiful Bash Bish Falls, enjoy the view from Sunset Rock, and swim in a pond formed from an abandoned iron ore mine. On Day 2, the mountains give way to rolling hills. We will finish our ride in Poughkeepsie where we can check out the newly rehabbed "Walkway Over the Hudson" and savor the best chili you ever ate before catching the train home. Most of the ride will be level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50-60 miles per day carrying panniers or a backpack with your clothing and supplies.



Escape NYC for a Labor Day Weekend Caper

## CAPE COD RETREAT

September 4-7 (depart Friday mid-afternoon, return Monday evening)

Trip No. CCR

Deposit: \$150; Regular price: \$365

Early-bird discount price (Deadline Aug. 4): \$330

Transportation: van and/or carpooling

Lodging: hostel, dorm rooms

Trip rating: B/C

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

Leaders: Fred Dieckamp & TBD

Cape Cod's beaches and pine forests are easily accessible via gentle rail trails with occasional rolling hills. On Friday night, we'll do a full moon ride, so bike lights are a necessity. We hope to stay at the tranquil hostel in Truro, a short walk from the ocean. The next day, after exploring Provincetown, we'll cycle out of town to hit the dune trails. Another day, we'll go kayaking or whale watching. There are also options to swim at either the national seashore beaches or at a freshwater lake. Don't miss the seafood! This is a good trip for first-time visitors and shore-lovers alike.

*Easiest 100 miles in the East*

## SEA GULL CENTURY

October 9-11 (Friday afternoon to Sunday evening)

Trip No. SGC

Deposit: \$150

Regular price: \$425

Early bird discount price (Deadline Sept. 9): \$383

Transportation: Van or carpool

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price

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



Cape Cod, 2004. Photo by Sharon Behnke



Fini-Montauk Weekend Trip, 2008. Photo via Wentworth Price.



Cycling bliss, 2008 Montauk Weekend Trip. Wentworth Price pix.



Sea Gull Century, 2007. Photo by Andrea Casertano

facebook

If you're a member of Facebook ([www.facebook.com](http://www.facebook.com)), here's several interesting cycle-related Facebook groups to check out:



Bicycle Design



Facebook Cycling Team



Slow Bicycle Movement



Shanghai Bike Club



Bicycles Can Save the Planet



Cycling Jordan



Yes, **we** are also on Facebook--let's get to know each other better!



## BIKE SAFETY

from the Cascade Club Education Foundation, Washington State, [www.cbcef.com](http://www.cbcef.com)

### Communicate!

Bikes are nice and quiet. Pedestrians or cyclists cannot hear you coming from behind. Let them know you are approaching or passing so they don't suddenly move into your path. Many accidents on group rides, bike paths, and commutes are due to failure to communicate intentions.

Sound off loudly before passing, or use a bell. Call out, "on your left" and pass on the left.

### Signal your turns and stops with hand signals

Communicate with motorists by making eye contact, using brief hand signals when safe to do so, or head nods, and by maintaining your direction of travel and lane position even when stopping at lights, so others can tell which way you will be going when the light turns green. Be predictable.

### Be Visible! Be Bright!

Camouflage is for mountain biking. For road riding, be bright! Don't blend in with the pavement. For daytime riding, solid bright yellow, dayglow orange, screaming yellow-green, and white are most visible. After dark, all colors turn to shades of gray. Try out these colors in a dark room and look in a mirror.

### Use a light at night!

To be seen in darkness by motorists you need to be reflective and you need to light up. WA law requires a white headlight and a red rear reflector. That is not enough. Use a bright red flashing rear light too, and wear reflective clothing, preferably on sides, front and rear like the safety vests worn by ferry and road crew workers. At dawn or dusk or on cloudy days, when car lights are looking bright, it's time to turn on your lights.

### Use a light in the daytime

Using a light in the daytime helps you be more visible or noticeable to drivers, even in daytime.

### Be aware!

Keep your head up, and stay aware of the road surface and other vehicles. Watch and listen

# Century Ride Training

## Tip 1: The 80:20 rule

The mistake most people make is simply going out and riding hard all the time. What can happen is you do not allow your body enough time to recover. Instead you simply slowly wear yourself out over a period of time, causing a negative effect on your performance. To avoid over training aim to spend 80% of your ride time at a low intensity, one where you can easily maintain a conversation. Only spend up to 20% of your ride time riding at what you would consider a high intensity.

## Tip 2: Vary your rides

When training for a century you will be riding a lot of miles. To avoid boredom it is essential you mix your rides. Doing this will also let you improve different facets of your riding. For example you can tailor different rides to improve your hill climbing, increase your average speed, improve your pedaling efficiency or even increase your power output.

## Tip 3: Eat

When you start to ride distances further than 25 miles eating the right foods is essential. On longer rides you will be burning huge amounts of calories and so it is crucial to eat while riding. Little and often is the rule. Shop bought energy bars are great but can taste a bit artificial. A cheaper and tastier alternative is the trusty jam and peanut butter sandwich (even the pros have been using these for years!)

## Tip 4: Mental preparation

As with all endurance events when riding a century you are very likely to hit bad patches when you simply want to give up. Knowing how you will cope and what you will do in these situations is a great help. Techniques such as visualization can help you prepare for these situations.

## How to Avoid Overtraining

Alternatively a great way to give yourself extra motivation is to do the ride for charity. Knowing that someone else less fortunate than you will benefit if you make it to the finish line will be a great motivational tool to keep you going

One of the most common mistakes people make when training for a century ride is overtraining. It is all too tempting to simply think that the more you ride the fitter you will get and the quicker you'll be able to ride your century. The reality is that if you follow this approach you will most likely simply wear your body out over a period of weeks, increasing your chances of picking up an injury and

you may even reduce your performances on the bike.

All professional riders take a much more scientific approach to training.

The human body only actually gets fitter after it has exercised when it is resting. Exercise stretches your muscles and causes lots of tiny tears. Only while post workout rest is happening do the muscle fiber knit back together again stronger and longer than before. It is because of this fact that rest and recovery are so important. The importance of recovery is multiplied several times when talking about endurance events such as riding a century.



Photo by Ben Karassik

One of the main things you need to do as part of your training is to learn to listen to your body. There will be days when your body is pleading you not to go near a bike or the gym. If you have days like this, listen to it and rest. What will happen is that you will come back the next day stronger and more mentally ready to push yourself next time out.

Recovery need not mean total rest. One very good way is to incorporate recovery rides into your training schedule. Such rides should be under one hour in length and ridden at a very low intensity (about 60% of you max.). Such rides will help you get the blood flowing through your muscles without actually causing any more muscle damage. As a result they can help speed up the recovery process as opposed to total rest. Again try to listen to your body.

Written by James Wannop from [Ezinearticles.com](http://Ezinearticles.com)  
[www.ezinearticles.com](http://www.ezinearticles.com)



# Riding In The Rain

By Levi Bloom via [www.coachlevi.com](http://www.coachlevi.com)

While it can be fun and exhilarating to ride in the rain, it can be pretty dangerous as well. From poor visibility to decreased traction, and everything in between, there is always some sort of hazard waiting to take you down. So here are eight tips to keep you safe when you venture out in the rain:



Photo by John Chiarella

## 1. Use Blinky Lights

The easiest way to make yourself more visible on rainy days is to install some blinky lights on your bicycle. To be safe, you could mount a small white headlight on your handlebar and a blinking red light on the back of your seatpost. At the very least, clip a little light onto a jersey pocket.

## 2. Use Reflective Tape

Lighter in weight and less obtrusive than the blinky lights is reflective tape. This looks just like electrical tape, but when light is shone on it, it reflects a bright white flash. You can put this on your bike and forget about it, but when a car's headlights flash over it, the driver is more likely to spot you. My favorite way to use this is to put silver or black reflective tape on my crank arms. (The spinning motion makes the reflection even more visible.)

## 3. The Road Is Slippery When Wet

You can ride over most obstacles without thinking, if the road is dry. But when it rains, everything becomes a safety hazard! You need to watch out for wet leaves, painted lines, railroad tracks, and metal grates or sewer lids. All of these surfaces are very slippery when wet, so it is best to avoid riding over them (or at least do so with caution.) Also, the road itself can become quite slippery. When it starts to

rain, motor oil and other substances coating the road are brought to the surface, decreasing friction even more than plain rain water does.

## 4. Potholes Are Deeper Than They Appear

Potholes are always dangerous, but if you can see them, you can avoid them. Unfortunately, when roads are covered in water, potholes can become hidden. Or at least, big potholes will look smaller than they actually are. If you see standing water or anything that looks like a pothole, avoid it.

## 5. Use Good, Sturdy Tires

While you might not want to ruin your good racing tires by using them in nasty conditions, you don't want to use a cheap or worn out tire. Why? Because these tires will provide absolutely no traction on wet roads. Use this test to determine if your tires have enough traction: Find a fairly steep climb where the road is nice and wet. As you climb, stand and sprint in a low gear, and see if the rear tire spins out. If it spins or slips there, it probably won't provide traction when you really need it.

## 6. Watch For Debris

You need to watch out because there will be extra debris on the roads. Rain is going to wash gravel, sand, and nearby trash onto the road. This could give you a rough ride, or worse, knock you down! The shoulder is usually completely covered with junk, so if possible, ride towards the center of the lane. (If the rain was hard enough, there will still be dirt and gravel in the middle of the road as well.) So make sure those tires are tough or you'll be changing some flats!

## 7. Be Prepared to Brake

Wet rims and brake pads have virtually no stopping power. When you apply the brakes, the first couple revolutions of the rim will be used to squeegee water off the rim, and then the braking may take place. So you should pay very close attention to situations where you may need to brake, since you'll need to apply the brakes much earlier than you would on a dry day. (If you're running disc brakes, this won't be as big of a problem, but keep it in mind.)

## 8. Run Lower Tire Pressure

Even when running good tires, traction on wet roads is hard to come by. An easy way to increase traction on wet roads is to lower your tire pressure. A drop of just 5-10 psi could improve traction noticeably. For a 150lb cyclist riding in the rain, 80-85 psi up front and 90-95 psi in the rear should be sufficient. (Experiment for best results.) If you follow these tips (and dress appropriately,) you should have a fun, safe ride in the rain!

for other vehicles. Don't wear earphones while riding (and don't use a cellphone!)

## Watch drivers and cars!

When passing parked cars, watch though rear windows and in rear view mirrors for drivers who may be about to open a door or start moving. Watch turn signals. Watch drivers' eyes to see if they see you. Be aware of traffic at driveways. Slow down and be ready to brake if you are not sure that a motorist is aware of you.

## No Peek-a-Boo!

When riding on streets with parked cars, stay about 4 feet from the cars whenever possible, to avoid getting "doored". When there are short stretches with no parked cars, and at intersections, maintain the same lane position instead of moving in toward the curb, so drivers behind you can still see you.

## Watch for road debris!

Beware of loose gravel especially on downhill curves, and watch for glass and other debris on the pavement. Watch for branches, sunken or wide grates, potholes, rocks, soft spots, and ruts. Watch for wide paving joints or cracks parallel to your path that could catch and grab a narrow bike tire.

## Cross rails carefully!

Look out for railroad tracks and cross them at right angles. Tracks can be slippery, bumpy, and grabby. Slow down, raise yourself off your seat and stand on your pedals to absorb the shock and lower the center of gravity. Angled tracks and low shoulders are major causes of accidents.

## Ride As Far Right As is Safe

Leave space between yourself and the curb or road edge. Leave enough space between yourself and others and/or parked cars to be able to dodge obstacles or potholes safely. Don't hug the right edge of the road, the most likely spot for debris.

## Ride Straight, Ride Right

When riding on the road, ride in a straight line, as far to the right as is safe, leaving space to avoid car doors, and don't weave in and out between parked cars.



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**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

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**Bike Events on Tap**



Cape Argus Pick 'n' Pay Tour  
Cape Town, South Africa Sun. 8 Mar. 2009  
[www.cycletour.co.za](http://www.cycletour.co.za)



Bike Florida  
29 Mar. - 4 Apr. 2009  
[www.bikeflorida.org](http://www.bikeflorida.org)



[www.taipeicycle.com.tw/](http://www.taipeicycle.com.tw/)



Tour of the Fireflies  
Manila, Philippines  
Sun. 19 Apr. 2009  
[www.fireflybrigade.org](http://www.fireflybrigade.org)



Hawaii Bicycling League  
JBK Haleiwa Metric Century,  
Sun. 26 Apr. 2009. [www.hbl.org](http://www.hbl.org)



Israel Spring Ride - Tel Aviv to Eilat -  
26 Apr. - 5 May 2009 [www.hazon.org](http://www.hazon.org)



Farmlands Tour -  
Monmouth Cty, NJ  
Sat. 2 May 2009  
[www.cjbc.org](http://www.cjbc.org)



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



Shorewalkers Great Saunter hike  
around Manhattan - Sat. 2 May  
2009. [www.shorewalkers.org](http://www.shorewalkers.org)



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



Bay State Bike Week -  
Massachusetts 11-17 May 2009  
[www.baystatebikeweek.org](http://www.baystatebikeweek.org)



Bloomin' Metric - Connecticut  
Sun. 17 May 2009 - Sound  
Cyclists [www.soundcyclists.com](http://www.soundcyclists.com)



Bike the Drive - Chicago Sun.  
24 May 2009 [www.bikethedrive.org](http://www.bikethedrive.org)



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



Tour de l'Île de Montréal  
Canada Sun. 7 June 2009  
[www.velo.qc.ca](http://www.velo.qc.ca)



Jewels of Southern Bohemia -  
Prague, Czech Republic  
June 5-13, 2009  
[www.czechactivetours.com](http://www.czechactivetours.com)



Sunday, June 7th, 2009

Tour de Brooklyn - Transportation  
Alternatives Sun. 7 June 2009  
[www.tourdebrooklyn.org](http://www.tourdebrooklyn.org)



Tour de Queens -  
Transportation Alternatives  
Sun. 12 July 2009  
[www.tourdequeens.org](http://www.tourdequeens.org)



New Haven Century CT  
Sat. 28 June 2009  
[www.elmcitycycling.org](http://www.elmcitycycling.org)



Cycling the Erie Canal, 12-19 July 2009  
[www.ptny.org](http://www.ptny.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.*



# 5BBC Leadership Training

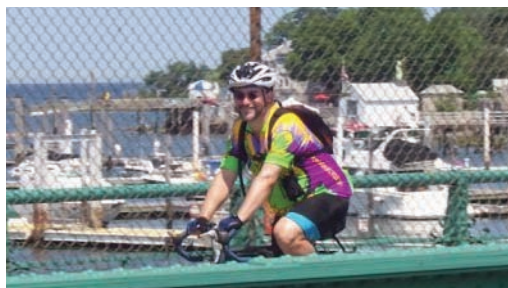


Students and Instructors, Leadership Training Class of 2007. Photo contributed by John Chiarella.

## WE WANT YOU TO BECOME A 5BBC LEADER.

New leaders bring fresh new ideas, new trips, and new enthusiasm to our club. This is what keeps us riding. If you take our course, we'll give you training on how to organize and run both day and weekend trips. Map reading, ride planning and design, group dynamics and decision-making, leadership style, and bicycle equipment are all covered, as well as many other aspects that go into making you a bicycle leader.

The course is taught by Leadership Coordinator Katie Marion and other experienced 5BBC leaders. It combines classroom instruction with practical riding experience. You don't have to be an especially strong or fast rider or bicycle repair expert to take the course. That's not what the course is about – it's about leadership. It is strongly recommended that you be able to ride for the better part of a day, and be comfortable riding with a group. If you haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club rides take place. (Note: If you are not a member of the 5BBC and wish to take the class, you must become a member prior to the weekend trip part of the course.)



Danny Lieberman, City Island, 2005. Photo by Sharon Behnke

## OUR NEXT LEADERSHIP TRAINING COURSE WILL BE OFFERED IN SPRING 2009

The course consists of five evening classes (we ask that you attend at least four), three weekend day rides (we ask that you ride at least two), and one weekend trip (required).

For more information:

Contact Katie at [leadership@5bbc.org](mailto:leadership@5bbc.org)

A fee of \$15 will be collected at the first class.

There will be an additional fee of \$50 (collected during the course) for the weekend trip (scholarships are available).

*Katie Marion, 5BBC Leadership*



## 5BBC Leaders In Action



Terry Chin, center, New York City, 2009. Photo by Kathryn.



Brian Hoberman, Navesink Twin Lights, 2004. Photo by Ermilo Novelo.



Bob Castro, Bronx River Parkway, 2004. Photo by Jim Zisfein.



Smiliin' Wentworth Price, right, 2008 Montauk Weekend Trip.



Steve Sakson gives presentation of his 2008 Habitat for Humanity group volunteer mission in New Orleans.



Richard Sanford, New York City, 2008. Photo by Caryn Greenberg.

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

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

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

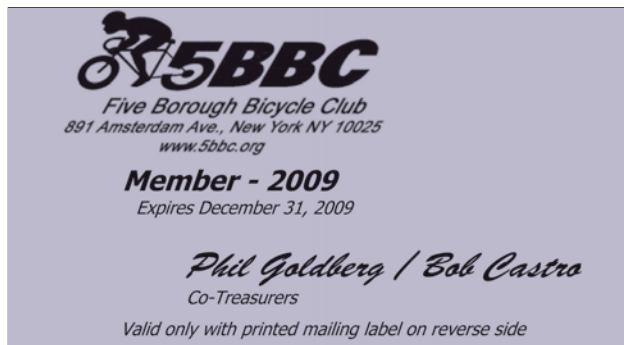
175 Country Rd.  
Tenafly NJ 07670 201-568-9372  
[www.bicycleworkshop.com](http://www.bicycleworkshop.com)

##### **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)

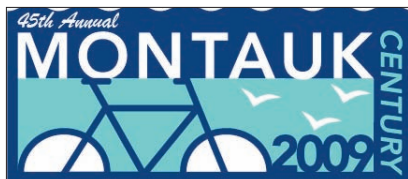
##### **Sayville Bike Works**

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

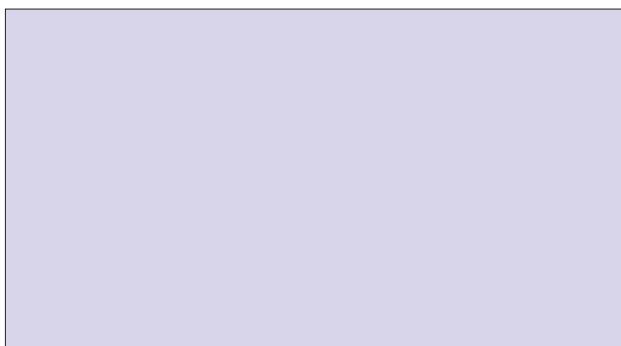


c/o Bike New York  
 891 Amsterdam Avenue, Room 002  
 New York, NY 10025-4403  
[www.5bbc.org](http://www.5bbc.org)

Address Service Requested



5BBC Montauk Century  
 Sun. May 17, 2009.  
 Logo by Marina Bekkerman.



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## About the Five Borough Bicycle Club

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

Executive Board Meetings, which are open to club members who have contacted the club President 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 May-June 2009 issue is:

**Monday 6 April 2009**

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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.