

# BICYCLER

Bi-Monthly Publication Of The Five Borough Bicycle Club---Print Edition  
May - June 2009  
www.5bbc.org



Photo by Ben Karasik



Photo by Ben Karasik



Photo by Ed Pino

A Pause Before

45th Annual 5BBC

**MONTAUK** CENTURY

2009

Sunday

May 17, 2009



Photo by Ben Karasik



Photo by John Slaski

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Photo by Ben Karasik







### President's Letter

Dear 5BBC Members:

As many of you remember from previous announcements, over two years ago the 5BBC joined a lawsuit against the NY Police Department challenging their "Parade Rules" that defined a group of 50 bicyclists as a "parade" requiring police approval.

These rules, apparently part of the NYPD's post-RNC war against Critical Mass bicyclists, are so broad and vague that they not only violate the civil rights of all New York bicyclists, they have the potential to cause great damage to the 5BBC day trips program.

The wheels of justice grind slowly and we are finally getting our day in court: the trial is scheduled to begin on Tuesday, May 12, 2009, 11:00 AM at the United States Courthouse, 500 Pearl Street, Room 12-D. I hope you can attend.

Since court schedules can change at the last minute, please check [www.5bbc.org](http://www.5bbc.org) on May 11 for any updates.

And as always, if you have any questions or concerns about the Club, my job is to answer them, so don't be shy about contacting me!

-- Ed Ravin  
President

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

### Monday June 15, 2009, 6:30 PM DWI

Judson Memorial Church  
55 Washington Square South  
New York, NY 10012  
Entrance at 239 Thompson St. (side entrance is their meeting space - "The Assembly Hall")

#### Guest Speaker: Kathleen Rice, District Attorney, Nassau County



Driving While Intoxicated, no definition is needed. This is a serious topic for the community at large. According to the New York State Department of Motor Vehicle 2007 Statistical Data, there was a total 9,480 Alcohol Related Police Reported Accidents, fatalities, personal injury and property damage in our state. For cyclists there were 7 fatalities and 90 non-fatal injuries. For a complete review of the cases of death or injury involving pedestrians, drivers, passengers please consult the 5BBC website.

The Five Borough Bicycle Club as a community service, is honored to have Nassau County District Attorney Kathleen Rice as our guest speaker at our Monday Evening June 15, 2009 general meeting. She will discuss her pioneering efforts with respect to aggressive prosecution, legislative enactment NYS Penal Laws 120.04-A, Aggravated Vehicular Assault and NYS Penal Law 125.14 Aggravated Vehicular Homicide as well as her proactive educational stance which is being taken into the schools.

Ms. Rice, a native Long Islander, was elected to her current position in November 2005 and is a graduate of Garden City High School, Catholic University and Touro Law School.



District Attorney Kathleen Rice

Ms. Rice previously served in the US Attorney's office in Philadelphia under Janet Reno and in the Brooklyn DA's office.

She was also featured on a 60 Minutes piece this past January, being interviewed by Bob Simon and involved with two cases in which a cyclist was the victim.

A native Long Islander, she enjoys running marathons, cycling, skiing and golfing.

The program is open to club members and non-members especially young people and all purveyors of the road.

You are welcome to join us for dinner, a Dutch treat in a Greenwich Village Restaurant. Bikes are not permitted in the church.

Thanks to Club Leader Susan Levine for "brainstorming" the idea with me at the Ghost Bike Memorial at St. Marks Church as well as Cheryl Rice, Executive Assistant to the District Attorney for help.

For additional material please see: The NYS Governor's Traffic Safety Committee's websites: [www.nysgtsc.state.ny.us/zero-to-htm](http://www.nysgtsc.state.ny.us/zero-to-htm) [www.nysgtsc.state.ny.us/index.htm](http://www.nysgtsc.state.ny.us/index.htm)

**NOTE: THERE IS NO GENERAL MEETING FOR MAY 2009. Check out TA's Bike Month at: [www.bikemonthnyc.org](http://www.bikemonthnyc.org)**

## 5BBC Rides Meeting Places

Note: W runs weekdays

### Bridgemarket

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

### 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.

### Fifth Ave. & 60 St. NW Corner

Manhattan. Subways: N R W (W weekdays only) to 5 Avenue, 4 5 6 B D E F nearby

### 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.

### Kew Gardens

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

### 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.

# 5BBC Day Trips May-June 2009

There is no better way to enjoy Bike Month than to ride the **5BBC MONTAUK CENTURY** on Sunday, May 17th. If one hundred miles seems daunting to you, try the Metric Century which is an equally beautiful, yet challenging ride - just a few less miles. Please be sure to register!

**ANDREA CASERTANO**

**RE: Cycling**

*5BBC Day Trips*

Our leaders are offering some terrific rides this spring with something for everyone.

History buffs, don't miss Terry Chin and Ed Defreitas' **RIDE TO GREENWOOD CEMMETARY** on May 25th Jim Zisfein and Jesse Brown return with the **OLD PUT**

**CENTURY** Ride on June 14th. It's festival time and Ted Kushner has put together a great weekend of day rides to the **CLEARWATER HUDSON RIVER REVIVAL** on June 20th and 21st. Further info on our web.

Also, stay tuned for details on our collaboration with Transportation Alternatives and the 5BBC/NYC Training rides this summer.

So until next time, have a great spring and remember to keep those tires pumped, drink plenty of water, wear your helmets and always be careful out there!!

## 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.

Sunday May 3, 2009-SOLD OUT!



## Wednesday, May 6, 2009

(Rain Date: May 13, 2009)

### ☺ MANHATTAN EVENING RIDE

7:00 PM, **NW Corner of 5th Ave & E. 60th St., 18 miles moderate pace, FLAT**

Annual leisurely evening ride in celebration of Bike Month NYC. Join us for this fun ride on Manhattan's Greenways/Pathways. We plan to go through Central Park, down the West Side Greenway to Battery Park, through South Street Seaport and up the East Side and back to the start. Bring pocket food, a good working bicycle with your tires inflated to the appropriate psi, bike pump, front & rear lights, spare tube, water, helmet (and wear it), and a smile. Approx. 18 miles. Rain at the start cancels the ride. Rain date is May 13. Co-listed with The Weekday Cyclists, Times Up! and New York Cycle Club. Leaders Trudy Hutter and John Chiarella



**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.

**OFF ROAD VISTAS: RIDE THE OLD  
PUT AND OLD CROTON AQUEDUCT**

**9:30 AM, Van Cortlandt Park & 242st  
St., 40 miles**

It's May 10th, the perfect day to honor a railroad that belongs to history. Take ride on the Old Put Railroad and see what was. Lunch is at a waterfall spilling from a lake over a dam. After we go far enough north, we'll turn around and take the original NYC water supply, the Old Croton Aqueduct, back south. There's nothing like wheeling through the woods. Leaders: Ed DeFreitas & TBA

**Sunday, May 17, 2009**

**MONTAUK CENTURY**



**Saturday, May 23, 2009**

**WANDERING TO WAVE HILL**

**9:00 AM, Columbus Circle, 30 miles w/  
a few hills**

Enjoy an extended spring visit to a treasure in the Riverdale section of the Bronx: Wave Hill. Once a private estate, it is an oasis that overlooks the

Hudson and the Palisades (See [www.wavehill.org](http://www.wavehill.org)).

To and fro, we'll enjoy riding through a few picturesque parks in Manhattan and the Bronx. Bring a bike lock and lunch money. Leader: Brian Hoberman & TBA

**Sunday, May 24, 2009**

**HUDSON RIVER MUSEUM  
9:30 AM, Plaza Hotel, 30 miles**

We'll ride through Central Park and up the center spine of Manhattan. We'll cross the Harlem river into The Bronx, follow Broadway through Yonkers & spend a little time on the Old Croton Aqueduct till we reach the Hudson River Museum. This is not just a museum. It's also a Mansion and a planetarium. So, bring your inquisitiveness, \$6.00 for admission, lunch or money to buy it, lock and MTA Bike Permit in case you have to bag-it on Metro North. Some hills, road bikes OK).. Maybe a bonus additional museum. Leaders: Ed DeFreitas and TBA.

**Monday, May 25, 2009**

**☺ GREENWOOD HISTORIC  
CEMETERY RIDE**

**10:00 AM Popeye's Restaurant, 17 miles**

You know how famous people lived. Now, get a look at how they spent eternity. Leonard Bernstein, Boss Tweed, Tiffany, Greeley, Ebbets. The inspiration for Central Park. Brooklyn is a great place. Bring a camera and binoculars for bird spotting. Leaders: Terry Chin and Ed DeFreitas.

**Wednesday, May 27, 2009**

**HOOKEY DAY RIDE TO ROCKAWAY  
9:30 AM Kew Gardens, 30 miles**

A moderately fast ride to/from Kew Gardens & Rockaway. We will travel through Richmond Hill, Ozone Park, Howard Beach and Broad Channel. Bring two spare tubes and money for lunch. This is somewhat of a repeat from last year. Please note it's a weekday ride. Leader: Dennis Griffin, John Chiarella.

**Saturday, May 30, 2009**

**☺ QUEENS TREASURES**

**10:00 AM, Cunningham Park, 30 miles**

More a tour than a ride through Queens, hitting some of the boroughs unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the botanical gardens, a 2,000 year-old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Back around 4 PM. Leaders: Randy Horowitz and others

**☺ GOING SOMEWHERE?**

**9:30 AM, Bridgemarket, 15-20 miles,  
rain or shine**

If you're taking your bike with you on a trip, or

**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.

**Prospect Park (Picnic House)**

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

**Van Cortlandt Park**

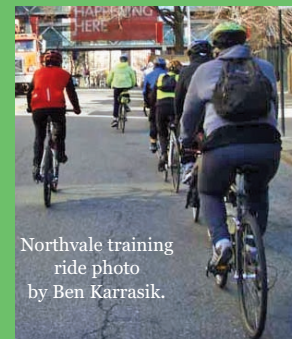
Broadway at West 242nd St., Bronx. Last stop on 1 Subway.

**Woodlawn**

Jerome Ave. & Bainbridge Ave., Bronx. Last stop on 4 Subway. Car parking available @ nearby golf course for a fee.

*For a comprehensive list of ride locations, visit:*

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



Northvale training ride photo by Ben Karrasik.



Prospect Park trip photo by Arabelle Taggart



Woodlawn Cemetery trip photo by Kathryn Baur



### IMPORTANT CYCLING NOTE #1

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

### IMPORTANT CYCLING NOTE #2

As the weather gets sunny and warmer, it's very important to: **Dress light, esp. wear a cap under helmet to keep head cool.** 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.



Thanks to Eliana Hecht, Michael Byrne, Phil Goldberg and Susan Rodelis, the print Bicycletter was prepped & mailed Apr. 29-30, 2009

planning on shipping it to your vacation destination, here is an opportunity to learn how to pack it into either a cardboard bike carton or a bike travel case. We'll show you how to remove the pedals, loosen and turn around your handlebars, and fit your bike into that small case. (We will be arriving back by 2, so no lunch necessary.) Leaders: Stephen Jackel, Dan Finton.

### Sunday, May 31, 2009

#### ☺ PRESIDENTS' SHADOWS 10:00 AM, City Hall, approx. 10 miles

We all know that Washington slept here. But, where did his VP sleep? How did a Brooklyn Community honor a fallen President (not JFK, Lincoln or one of those famous ones)? Bring lock, money for lunch. Leaders: Ed DeFreitas & TBA.

### Saturday, June 6, 2009

#### UP, UP AND AWAY 8:20 AM, Grand Central Station and 9:50 AM, Croton-Harmon Station, 45 hilly miles

Join us for our semi-annual beautiful, hilly 45-mile ride through northern Westchester. While enjoying the ups and downs, we can look forward to ice cream at the Blue Pig near the end. Bring a MTA bike permit, snacks and \$15 train fare. Added bonus: A lunch stop at a surprise leader's house! End Time: Approx. 5-6 pm. Leaders: Brian Hoberman & TBA.

#### ☺ A RIDE WITH STRINGS ATTACHED 9:30 AM Prospect Park, Grand Army Plaza, Approx. 12 miles

When we're talking "strings" we're talking "guitar strings." Join us for this ride to Carmine Street Guitars in Greenwich Village and see how Rick makes world famous electric guitars right in his own shop. He's demo is truly vibrant (or is it vibrating?) Don't expect a long ride, but expect a true Village experience! Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and David Balzer.

### Sunday, June 14, 2009

#### THE OLD PUT CENTURY 8:00 AM, Woodlawn (Jerome and Bainbridge Aves), 92 miles, Quick-Spin

The New York and Putnam Railroad, a/k/a "The Old Put", was a dismal failure as a commercial rail line and was finally put out of its misery circa 1980. Fortunately, the right-of-way was preserved, and the rail barons' loss became our gain when Westchester and Putnam Counties built a rail trail for recreational use. You can now bicycle most of the way from Bronx to Carmel (and back) on a path that is paved, level, and car-free. Hooray! Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, plus \$

and a MTA Bike Permit for Metro-North in case you need to leave early. Travel note: this ride begins at the last stop on the Bronx-bound #4 subway, not the Metro-North station of the same name. Leaders: "The Old Putzes" Jesse Brown and Jim Zisfein.

#### ☺ RESIDENTIAL BROOKLYN TOUR 10:00 AM Prospect Park, Picnic House (2 blocks from 3rd St. entrance) 25 miles

Explore some of the quieter sections of Brooklyn. We'll ride through the Borough and Sunset Parks, Bay Ridge and others. Bring an American Flag! Bring a lock, snack and money for lunch. Terry Chin and TBA.

### Saturday, June 20, 2009

#### ☺ CLEARWATER HUDSON RIVER REVIVAL (Part 1) 7:30 AM sharp!, Grand Central Terminal, 25 miles, flat to rolling with one big hill

Our 21st annual day-long summer retreat to this classic folk music festival returns with rides both days of the festival (Saturday June 20 and Sunday June 21)! Come celebrate the 40th anniversary of the Sloop Clearwater's launch plus Pete's 90th birthday! We'll board Metro North for a jump start to White Plains, then cycle to Croton Park (with return trip to NYC via train). Enjoy 5 stages of music, non-stop dancing, crafts, activists, stories, souvenirs, and of course, food. Scheduled performers include Arlo Guthrie, Richie Havens, Susan Tedesch, Jay and Molly, the Persuasions, and the Nobel Peace Prize candidate himself, Pete Seeger. Special Note: because of Clearwater fundraising efforts, prices for festival tickets have almost doubled; ride participants are strongly urged to purchase their own tickets in advance; see [www.clearwater.org](http://www.clearwater.org) for details. A very limited number of tickets (\$50) may be available via leader. Festival and bike ride are rain or shine! And who will be the recipient of this year's special ride dedication ceremony? Bring \$20 for train fare plus MTA Bike Permit, sunscreen. Leaders: Ted M. Kushner and Brian Hoberman.

### Sunday, June 21, 2009

#### ☺ CLEARWATER HUDSON RIVER REVIVAL (Part 2) 8:30 AM sharp!, Grand Central Terminal, 25 miles, flat to rolling with one big hill

We'll once again "retreat" to this classic folk music festival, but with a later start/return time! We'll board Metro North for a jump start to White Plains, then cycle to Croton Park (with late return to NYC via train). Enjoy 5 stages of music, non-stop dancing, crafts, activists, stories, souvenirs, and of course, food. More scheduled performers include Allison Moorer, Alejandro Escovedo, Tao



Rodriguez-Seeger, Mike & Ruthy, Rick Nestler and more! Special Note: because of Clearwater fundraising efforts, prices for festival tickets have almost doubled; ride participants are strongly urged to purchase their own tickets in advance; see [www.clearwater.org](http://www.clearwater.org) for details. A very limited number of tickets (\$50) may be available via leader. Festival and bike ride are rain or shine! And who will be the recipient of this year's special ride dedication ceremony? Bring \$20 for train fare plus MTA Bike Permit, sunscreen. Leaders: Ted M. Kushner, Brian Hoberman and Bike 21.

**Saturday, June 27, 2009**  
**TRAINING RIDE TO SYOSSET & HUNTINGTON BAY**

**8:30 AM, Kew Gardens; 10:15 AM Syosset LIRR Station, 55 - 75 miles, Quick Spin, 17mph moving average**

We can start this summer out with a prelude to the "Gold Coast" that includes Syosset, Huntington Bay and Oyster Bay before we cycle back to Queens. We will begin @ Kew Gardens and bike out to Syosset where we will meet the group who desires to take the LIRR out of Penn Station to Syosset. Figure 75 miles for the complete route and 50 miles for those who start in Syosset. Lunch in Theodore Roosevelt Park in Oyster Bay. Bring two bottles of water, MTA Bike Permit and money for lunch (bike locks not needed). Dress lightly & use sunscreen. Further details on the Bulletin Board as the Ride approaches. Leaders: Dennis Griffin & TBA.

**Sunday, June 28**  
**WESTCHESTER BIKE/HIKE : BRONX RIVER PARKWAY AND CRANBERRY LAKE**

**9:00 AM, Van Cortland Park & 242nd St., 42 miles w/ a few steep hills**

Savor 42 miles of scenic Westchester County roads and off-street bike paths. Lunch is at a nature preserve where we'll take an optional walk around a swampy lake in a quiet, forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings, as well as the neighboring bike paths, the ride is 44% car free. All paths are paved and suitable for road bikes. Bring appropriate walking footwear. Bring or buy lunch. Leaders: Ed Ravin & TBA.

**Sunday, July 5, 2009**  
**☺ BEACH BUM RIDE #1**

**10:00 AM, Prospect Pk, Grand Army Plaza, 30 miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will mosey from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Bring or buy lunch, bring beach stuff

(sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. Leaders: Rhonda Wittorf & TBA.

**☺ HOT DOG RIDE TO NATHAN'S**  
**9:00 AM Picnic House, Prospect Park, (2 blocks from 3rd St. entrance), 25 miles**

Ride through Brooklyn to Coney Island. Bring money for lunch at Nathan's. Leaders: Terry Chin and TBA.

**Sunday, July 12, 2009**  
**☺ BEACH BUM RIDE #2**  
**10:00 AM, Prospect Park, Grand Army Plaza, 30 miles**

If it's Sunday then this must be the ride to the beach. Which beach? Well, we usually keep the route short so we can sit by the waves for an hour or two before riding back. Our favorite spot is still Neponsit Beach in the Rockaways, an easy jaunt from Prospect Park, and we head out every Sunday until the end of August. Pack your towel and beach garb if you like along with the usual stuff: lock, sunblock, water and lunch, or you can buy it along the way. Leaders: Andrea Casertano & Bob Castro.



Kensico trip photo by Frank Allstrom.



Centre Island training ride photo by Ben Karassik.

**Bikes On Trains**



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/)



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/)

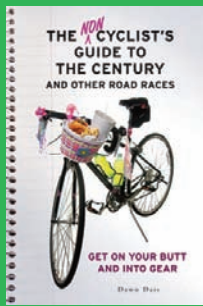


Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program info, please call (973) 762-5100 or visit [www.njtransit.com/rg/rg\\_servlet.srv?hdnPageAction=BikeProgramTo](http://www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo)

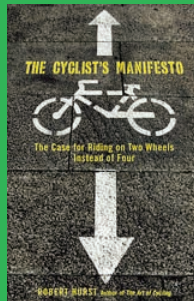


A permit is no longer required, but there are restrictions. 5BBC trips that use PATH, usually rides on weekends and holidays. For more info, please call (800) 234-PATH or visit [www.panynj.gov/CommutingTravel/path/html/rules.html](http://www.panynj.gov/CommutingTravel/path/html/rules.html)

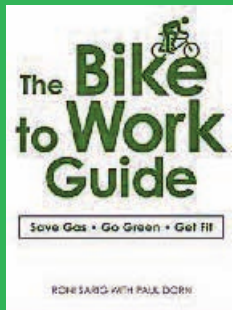
## Noted Cycling Books



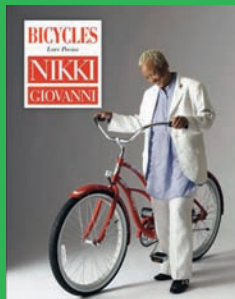
The Non-Cyclist's Guide to the Century by Dawn Dais. Nearly a "I Hate To Cook Book," the author writes about motivating people esp. non-cyclists to get on a bike and ride. It's too bad she confuses bike races and bike events. Nice account of her TA Century ride.



Robert Hurst's Cyclist's Manifesto, indeed persuades readers to make a case for riding on two wheels instead of driving four as serious transportation.



Roni Sarig & Paul Dorn put out a decent guide about bike commuting in the Bike to Work Guide.



Renowned poetess Nikki Giovanni compose poems with a two-wheeler and life in mind, with her Bicycle Love Poems. In each case, you need balance and trust to move forward.

## HOW TO HYDRATE FOR BETTER PERFORMANCE

By Fred Matheny for [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice.



They forget to drink because of the excitement of the ride, then they wilt before the end.

But proper hydration is easy. Here's how:

• **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.

• **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.

• **Pre-Hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough

water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.

• **Drink During the Ride.** Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.

Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

• **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your

weight has returned to normal and your urine is pale and plentiful.

• **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

*Editor's Note: It's also a good idea to use a hydration pack, such as a Camelbak. You carry it on your back, with an attaching drink tube, esp. in hot weather. The water in the pouch is kept cool for several hours. You can sip water while riding without losing control of the handlebars.*



# HOW TO EAT FOR ENDURANCE

By Fred Matheny for  
[www.RoadBikeRider.com](http://www.RoadBikeRider.com)

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

## • Enjoy the Last Supper.

Eat aggressively the night before a long ride so your muscles are crammed with glycogen the

next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!

• **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

• **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day be-

fore the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.

• **Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

• **Hydrate After the Ride.** No matter how much

you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

• **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carb snack while chewing the fat with your riding buddies.



## Noted Cycling Websites & Blogs



### Girl Gone Goa

<http://girlgonegoa.wordpress.com>

Interesting blog about a young woman's journey to India, namely Goa. Travel, magic, sex and cycling, in no particular order. Wowieeee.....



### Gal From Down Under

[www.galfromdownunder.com](http://www.galfromdownunder.com)  
You've seen Lynnette Chiang on 5BBC rides, but she is also a well-traveled cyclist, with lots of tales to tell, from Cuba, Peru, Hawaii and Route 66. She also works for Bike Friday as a bike evangelist. Check out her orange cone bag, book & videos.



### Benepe's Bike Blog

<http://benepesbikeblog.blogspot.com/>

Renaissance cyclist Jen Benepe, also a 5BBC member, surveys the local, national & international cycling scene on her blog, which includes racing, cycling politics and other related pertinent items. Jen also has a fashion line of cycling clothes, [www.Hotvelociti.com](http://www.Hotvelociti.com)



Battery (Park) Bikeway Project

## New York City

Projects to receive traditional TEP funds:

\$2.5 million to enhance accessibility to Station Plaza, Queens County;

\$2.5 million for the Restoration of the New York, Westchester and Boston Railway Administration Building, Bronx County;

\$2.5 million to enhance accessibility to transit connections at Fordham Plaza, Bronx County;

\$2 million for Tillary and Adams Street Mall Enhancements, Kings County;

\$2 million for the Ninth Avenue: W 15th Street to W 23rd Street (Gansevoort to Chelsea) Project, New York County;

\$2.5 million for the West Street Greenway Project, Kings County;

\$2.5 million for the Landscaping and Scenic Beautification of the Battery Bikeway Project, New York County;

\$2.5 million for the Bronx River Greenway Connection between Birchall and Allerton Avenue, Bronx County;

\$1,560,233 for the Hunt's Point South Bikeway and Streetscape Improvements, Bronx County.



West Street Greenway Project. Streetfilms

# Update from NY Bicycling Coalition--[www.nybc.net](http://www.nybc.net)

## GOVERNOR PATERSON ANNOUNCES FUNDING FOR 59 TRANSPORTATION PROJECTS THROUGHOUT STATE

More Than \$81 Million in Federal Funds Awarded for Non-Traditional Transportation Projects; Projects Use Traditional Funding and Economic Recovery Funding



Ninth Ave. Bike Lane, Manhattan. Photo by Peter Meitzler

In early April, Governor Paterson announced the award of more than \$81 million in federal funding to transportation projects throughout all regions of New York. These funds cover projects not eligible for traditional federal transportation funding like bike paths and historic preservation.

A total of 59 projects will be funded through the Transportation Enhancement Program (TEP), with some additional funds allocated through the American Recovery and Reinvestment Act (ARRA). Traditional TEP funds will provide close to \$47 million for 34 projects, and ARRA funds will provide more than \$34 million to another 25 TEP projects. The grants are expected to generate \$217 million in statewide construction investment.

"These projects will make necessary improvements to our local walkways, bicycle paths and other transportation routes while spurring economic development and job creation," Governor Paterson said. "I thank President Obama and the entire New York State Congressional Delegation for working to ensure that transportation funds were included in the economic recovery package. New York is committed to using the federal resources at our disposal to put people back to work and ensure that our State provides safe and accessible travel beyond that provided by traditional highways and bridges."

The NYSDOT administers the Transportation Enhancement Program, which reimburses expenses for projects not eligible for conventional funds like

those for highway construction and bridge repair. Instead, TEP finances transportation improvements with cultural, aesthetic, historical and environmental significance and must fit into one or more of the following federally specified categories:

- \* Facilities for pedestrians and bicycles
- \* Safety and education activities for pedestrians and bicyclists
- \* Historic preservation
- \* Acquisition of scenic easements and scenic or historic sites, including battlefields
- \* Scenic or historic highway programs, including tourist and welcome center facilities
- \* Rehabilitation and operation of historic transportation buildings, structures or facilities, including historic railroad facilities and canals
- \* Preservation of abandoned railway corridors, including their conversion and use as pedestrian and bicycle paths
- \* Landscaping and other beautification initiatives
- \* Inventory, control and removal of outdoor advertising
- \* Archeological planning and research
- \* Environmental mitigation to address water pollution due to highway runoff or reducing vehicle-caused wildlife mortality
- \* Establishment of transportation-related museums

Applications for TEP may be developed by any municipality or non-profit incorporated group with the sponsorship by a municipality, State agency or eligible public authority. TEP project selection undergoes a competitive process that rates eligible applicants for environmental enhancement, connection to existing transportation system(s), encouraging smart growth, availability of matching funds and the level of community support. NYS-DOT manages the review process with the participation of Metropolitan Planning Organizations that review and rank projects, and an advisory committee of State agencies, including the Department of State, Department of Parks and the Department of Environmental Conservation, that review rankings and make recommendations to the Commissioner of Transportation and Governor.

Once awarded, projects are expected to begin promptly in compliance with federal and state regulations. Applicants must pay the total project costs up front with up to 80 percent of costs eligible for reimbursement. Eligible projects must have a total cost of at least \$200,000. Reimbursement is limited to \$2.5 million per project.

A full list of projects is available at: [http://www.state.ny.us/governor/press/press\\_0402091.html](http://www.state.ny.us/governor/press/press_0402091.html)



# The JJ Sempé Not-So-Well-Known Cycling Art Mural in New York City

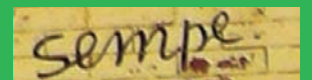
JJ (Jean-Jacques) Sempé, a former tooth powder salesman, is a self-taught and renowned French cartoonist. Monsieur Sempé has drawn covers for the New Yorker magazine and published books of his works, left a unique mark of sorts in the Big Apple. Nearly a generation ago, he painted a giant mural in a tenement building, above a local bike shop. Though the colorful work of art has been faded by time and natural elements, one can see distinct traits of a Sempé creation—delicate, touching and real, painted big time. Truly an understated treasure. Ride your bike to see this poignant work.



Monsieur Sempé's work of art atop the Metro bike shop on 47th St. & Ninth Ave., Manhattan.



Closeup of the cycling couple: man attired with suit & fedora with his doting sweetheart in cute hat, patterned dress and heels.



Distinct signature of the artist.



Detail of the Happy-Go-Lucky young boy.



In context: the complete mural, isolated detail, separated by a column of windows.



Detail of the cover of Sempé's 1981 book, *Displays of Affection - A Book for People Falling in (or out of) Love*.





Ready...Set...*GO*

## ...East to the 5BBC Montauk Century

Don't miss our 45th annual 5BBC Montauk Century! Enjoy May 17th cycling the event, or as a volunteer, supporting your club's sole annual fundraising event by helping it smoothly--and making a lot of cyclists happy in the process! The smiles and thanks you'll get along the way...PRICELESS!

Plus volunteers get a great after-event party, and raffle prizes just for the volunteer pool.







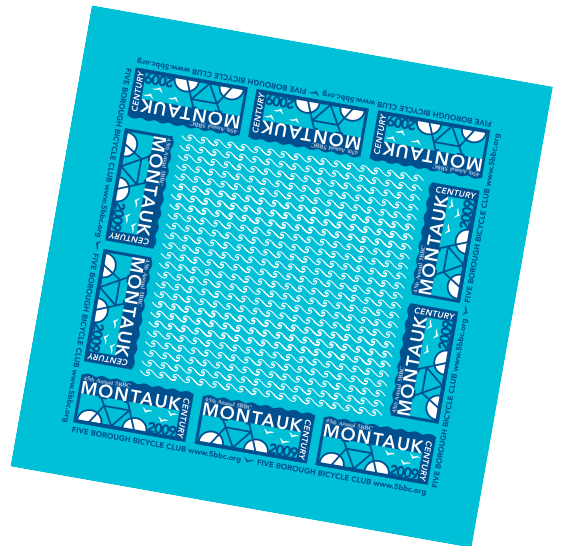
Details and registration at  
[www.5bbc.org/montauk](http://www.5bbc.org/montauk)

- 65, 100, 145-mile routes all go to Montauk
- Check-in at Manhattan or Babylon, LI
- Great rest areas • Full SAG support
- Free water bottle & bandana to first 1,200 cycling registrants • Transportation available

NEW! We're raffling off a MASI bike from EMS,  
 and two computerized bike fits from TOGA!



Jersey and T-Shirt available; Free bandanas & water bottles to the first 1,200 online signups



SUPPORT OUR SPONSORS!



# 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 subscription to

## About Weekend Trips

## Summary of Weekend Trips

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

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

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

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

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

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

**TRANSPORTATION.** Our 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



Cherry Blossom ride, Washington, DC. Photo by Brian Hoberman

*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 day, mostly flat. Leaders: Martial Henrys, 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 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.



Lovely cyclists on a beach break, Montauk Weekend Trip, 2009. Photo by Wentworth Price.

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



# TRIPS 2009



Penn Dutch, 2004. Photo by Howard Hall

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**



Bear Mountain, 2006. Photo by Vernon Bailey

Our host location for this adventure-filled trek is 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

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

## New Summer Trip to the Jersey Shore SEASIDE HEIGHTS SEASHORE EXCURSION

June 19-21 (Friday evening to Sunday evening)

**Trip No.: SHS. Deposit: \$150. Regular price: \$245. Early-bird discount price (Deadline May 19): \$220.**

**Transportation: NJ Transit and self-contained. Lodging: motel, double accommodations. Trip rating: B/C (Potentially Child Friendly.) Mileage: 60 plus miles, mostly flat. Leaders: Josh Gosciak & Andrea Casertano**



Cut out of work early on Friday and head to the Jersey Shore, for some sun n' cycling. We'll be staying on the Boardwalk in Seaside Heights, which boasts one of the few thriving arcade and amusement strips with lots of honky tonk and cotton candy. On Saturday, we'll travel inland along coastal marshlands to Barnegat Bay doing around 60 miles. Sunday we'll play on the beach, do amusement rides, or some light cycling to Island State Park before heading back to Bay Head for the train ride home. Self-contained. Bring bike lights.

## New Trip to New Haven - Town and Country NEW HAVEN CRITICAL CENTURY

June 26-28 (Friday evening to Sunday evening)

**Trip No.: NHC. Space available: 8 people. Deposit: \$150. Regular price: \$235.**

**Early-bird discount price (Deadline May 26): \$210. Transportation: Metro North and self-contained. Lodging: motel, double accommodations. Trip rating: B. Mileage: 100 or 50 miles plus, on rolling hills. Leaders: Josh Gosciak & Alfredo Garcia**

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](mailto: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!**



The New Haven Critical Century. Town & Country – The best of both worlds? Well, some would argue. Let's just say we'll sample a little of each, as we head up to New Haven for a weekend of leisurely bicycling. Friday night it'll be rabble-rousing fun with New Haven Critical Massers; Saturday we'll do some local touring around New Haven with a stop at Lulu's, a well-known bicycle haunt-cafe, on a ride organized by New Haven Arts & ideas; Sunday we ride the New Haven Century around the lovely New England Sound. We'll stay at the Duncan Hotel for two nights, have a dinner on Saturday, and a quick late lunch before we head back to the City on Sunday.

*July 4th Holiday Weekend Trip to the Pioneer Connecticut River Valley*

**AMHERST WEEKEND**

**July 2-5 (Thursday evening to Sunday evening)**

**Trip No.: AW. Space available: 7 people. Deposit: \$150. Regular price: \$380.**

**Early-bird discount price (Deadline June 4): \$340. Transportation: van and/or carpooling. Lodging: eco lodge (private and dorm-like accommodations.) Trip rating: B+. Mileage: Various, on rolling. Leaders: Josh Gosciak & Fred Dieckamp**



What better way to celebrate the Fourth of July holiday than a bicycle tour around Amherst, Massachusetts, gateway to the beautiful Pioneer Connecticut River Valley? We'll spend the weekend at a mountaintop retreat, a self-styled Eco-village with solar-powered sauna and foods grown on site. After a cozy night in the bunk (there are private and dorm-like accommodations), we'll chow down to a sumptuous breakfast before coasting (literally) downhill to the famous Norwottuck Rail Trail. We'll travel along

the Connecticut River, to Greenfield and Poet's Seat, with majestic views of the valley, then on to Historic Deerfield and Northampton. Saturday, we'll take go for a ride and a swim. Sunday, we'll take it easy visiting Amherst's sites. Possible sites include: the Peace Pagoda, the Yiddish Museum, Emily Dickinson's home. This trip includes van to and from Amherst, three-night's accommodation, with breakfasts, two dinners and a (possibly vegetarian?) BBQ.

*Presidential Homes Series of Rides*

**SEEKIN' HYDE PARK**

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

**Trip No. SHP. Deposit \$150. Regular Price \$215. Transportation: Metro North Railroad and self-contained. Lodging: College campus. Trip rating: B. Mileage: 90 miles in 2 days, some hills. Leaders: Susan Levine and Brian Hoberman.**

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 Metro North 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.

*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.) 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



Bish Bash Bish, 2006. Photo by Richard Brause.

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, 2004. Photo by Sharon Behnke

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 eaders: Steve Sakson & Wentworth Price



Sea Gull Century, 2007. Photo by Andrea Casertano

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.

**COME ON A 5BBC WEEKEND TRIP  
COME ON A 5BBC WEEKEND TRIP**

### For Memorial Day, Let Us Remember These Cyclists



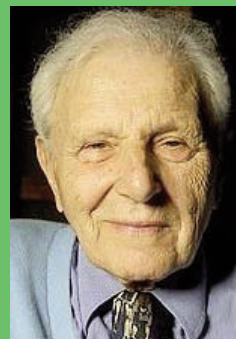
**Julie Lobbia.** Rode our training rides to preparing for the Montauk Century. Also an award-winning journalist for the Village Voice; A bike lane was named after her. Smoking Gun photo.



**Jerome Allen.** Rode from Staten Island to meet for 5BBC rides to Piermont and Nyack. Loved dancing because he can hold a woman instead of the handlebars. Staten Island Bike Association photo.



**Paul Sullivan.** One of the shakers and founders of the 5BBC. Led day & weekend trips, as well as being Tour Director for Bike New York, esp. the Five Boro Bike Tour. Dan Bach photo.



**Ernie Graf.** Escaped from the Nazis with a bike. Made a good life in the Big Apple. Later had time to ride with us, esp. cycling to Piermont & NYC spots.



# The Bike New York Five Borough Bike Tour Pre-Ride, Sun. April 26

Photos by Norair Asadourian and Deborah Lehrer

A week before the official Five Borough Bike Tour, Bike New York invites cycling and non-cycling volunteers a chance to ride the route through Manhattan, the Bronx, Queens, Brooklyn and Staten Island. The warm weather produced a large turnout of riders in the hundreds. Here's a YouTube [LINK](#) to click on & see the ride going through Astoria.



Debby with a speedy road bike.



Nick as Speed Racer.



Cruising through Astoria.



Verrazano Bridge or bust.

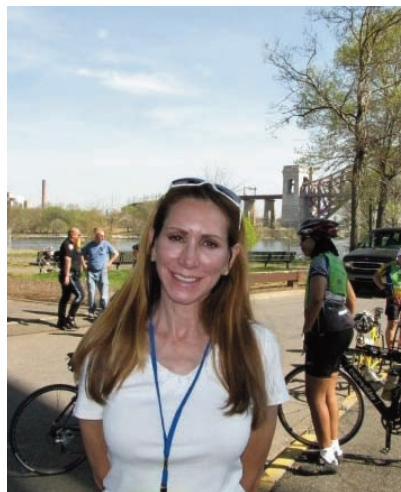
Much thanks to Nick & Debby for their courtesy of displaying their pictures.



Bob Castro (center) ponders the next mile.



Alex and Eric pausing under the bridge before moving on.



The lovely Beth Katz of Bike New York.



Are Shimano components better than Campagnolo?



Ed Pino and Liz Baum take charge.



Smilin' Fred Jones of Bike New York



# Green NYC; NY Times & Cycling; Bike Raffle; Bike Flea Market, etc.



In conjunction with the Brooklyn Waterfront Greenway, the Brooklyn Greenway Initiative plans, designs and eventually implements building of a greenway along the Brooklyn coastline. This will benefit pedestrians and cyclists in the future. [www.brooklyngreenway.org](http://www.brooklyngreenway.org)



Green Shores NYC is an organization devoted to improve and promote the East River waterfront along the Queens communities of Astoria and Long Island City, in the form of parks and recreational spaces. This will benefit pedestrians and cyclists. [www.greenshoresnyc.org](http://www.greenshoresnyc.org).



A local resident cyclist from Astoria, Queens, puts out this blog on cycling in the Big Apple, with perceptive observations. [www.astoriabike.com](http://www.astoriabike.com)



Here's a chance to win this single speed bike from the New York Bicycling Coalition. You must be a member to qualify and sign up by Aug. 31. Drawing is scheduled for Sept. 1. More details, visit [www.nybc.net](http://www.nybc.net).



This year, the New York Times has an online weekly column, Spokes, about cycling in our city. Sometimes there's video coverage. <http://cityroom.blogs.nytimes.com/category/spokes/>

**BIKE TO WORK DAY IS MAY 15.**



As part of Bike Month NYC, there will be a series of commuter rides as part of Bike to Work day on Fri., May 15, from 7-10:30AM. [www.bikemonthnyc.org](http://www.bikemonthnyc.org)



**CENTRAL EUROPEAN GREENWAYS and ECOTOURISM**

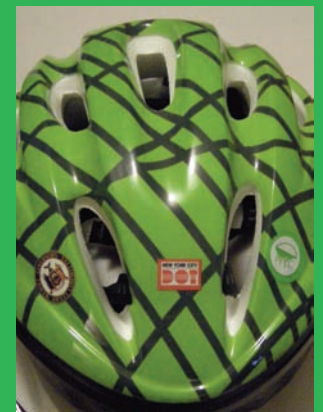


Czech Republic Greenways come to New York City. Fri. May 29, 6:30 PM, Bohemian National Hall, 321 East 73rd St., b/w 2nd & 1st Avenues, Manhattan. RSVP Required by May 22-- For RSVP, visit <http://www.czechcenter.com/RSVP/greenways.html> Did you know that the Czech Republic has lots of bike routes and trails? Meet the founder of the Prague-Vienna Greenway, Lubomir Chmelar, and travel industry representatives to learn about the Greenways program, including international hiking and biking cultural trails and their potential as a destination for sustainable tourism in Central Europe. Presentation followed by a reception and selection of national food and wines.

## Bike Helmet Giveaway & Fitting by the New York City Dept. of Transportation

Sat. May 16, 2009  
12:00 PM to 4:00 PM  
NY Public Library, Countee Cullen Library, Manhattan

Contact Phone: 212-839-2200



The NYC DOT will give away free bike helmets while supplies last. You must be present to get a helmet and you must learn how to properly fit and wear it before you receive it. Adults over 18 receiving a helmet must sign a waiver, and a parent or legal guardian must be present to sign a waiver for children under age 18.



**Brooklyn Bike Jumble.** For the first time, an outdoor bike flea market will take place on Sun. May 31 at JJ Byrne Park, on 333 6th St., Brooklyn. For more info, visit [www.nybikejumble.com](http://www.nybikejumble.com). You can also go there and sell your own bike wares.



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lynnetec@bikefriday.com  
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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/iras/](http://www.nycc.org/iras/)

Thanks,  
Peter O'Reilly  
New York Cycle Club

## Ads by Members

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Mdanbach@aol.com

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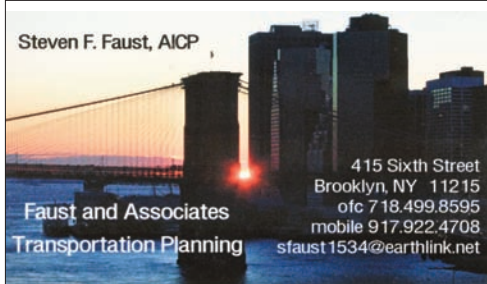
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Scheduling & Information

**BICYCLING INSTRUCTOR**  
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Brooklyn, NY 11215  
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## Bike Events on Tap



Farmlands Tour -  
Monmouth Cty, NJ  
Sat. 2 May 2009  
www.cjbc.org



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



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



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



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



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



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



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



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



Bon Ton Roulet, NY  
26 July-1 Aug. 2009  
[www.bontonroulet.com](http://www.bontonroulet.com)



Golden Ring of Russia Tour  
5-17 July 2009  
[www.rctc.ru](http://www.rctc.ru)



Interesting tour of note: the Washington Area Bicyclist Association had an annual "50 States & 13 Colonies" bike ride, held Oct. 11, 2008. [www.waba.org](http://www.waba.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.



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



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



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



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



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

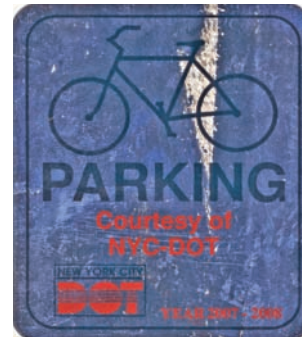


# New York, New York

Resources & Interesting Stuff for Big Apple Cycling



Since April 6, the current edition of the NYC Cycling map has been given out at bike shops and the Five Boro Bike Tour. This year the map (via the NYC Dept. of Transportation) announced that 90 miles of new cycling routes, protected bike paths, like the one on 9th Ave. in Manhattan and 16 new bike shelters have been created and/or installed. Required reading for all cyclists. Available online on the [www.nyc.gov](http://www.nyc.gov) website or call 311 for a copy.



A typical NYC bike rack (top) and the official validated sticker for it.



Time Out New York has put out another annual issue of their "Bike Guide" for events, routes (esp. food in Lower Manhattan; East River vistas, etc.) & recommended bike shops. One fluff: a photo of a group that claimed to be from the TD Bank Five Boro Bike Tour is actually a SBBC ride taken at Sandy Hook, NJ. Otherwise, the guide is required reading. Available at your local bike shop and likely to be given out at the Five Boro Bike Tour. The collected interesting articles are also available online at <http://tinyurl.com/dadbv5>. Much thanks to Brian Hoberman, mentioned before a grueling training ride to Stony Point.



Giant woman cyclist atop Times Square as an ad for Target.



FREE RIDES AND ADMISSION to the Queens Museum on the fair days! "Just direct your feet, to the sunny side of the street."

Nice graphically designed poster for a park and museum ride in Queens.

## NINTH ANNUAL BICYCLE FILM FESTIVAL™ 2009

This year, movies for the forthcoming New York Bicycle Film Festival will be held between June 17-21. Surely interesting films will be seen. In a few weeks, check the screen schedule by visiting [www.bicyclefilmfestival.com](http://www.bicyclefilmfestival.com)



Annual list of bike-related events, such as rides, meetings and an interesting race will be offered in May as a joint effort of Transportation Alternatives and the New York City Dept. of Transportation. Examples: early morning cycling commuting get togethers as part of Bike to Work month with breakfast snacks given by borough presidents; a race between several types of commuters (cyclist, motorist & subway straphanger) to determine the faster way to get to work; Road closure of a Bronx street for pedestrians & cyclists.

Despite the hassles, potential injuries and possibly death (yes, cyclists have been killed, usually by moving cars), respect and somewhat better facilities for cyclists have been provided, though we strive to get more.

Pick up a schedule at your local shop or online at [www.bikemonthnyc.org](http://www.bikemonthnyc.org).

# 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](http://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. 12/16/08



## 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**

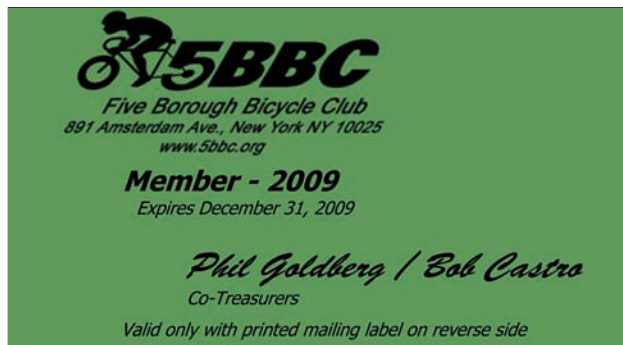
175 Country Rd.  
Tenafly NJ 07670 201-568-9372  
[www.bicycleworkshop.com](http://www.bicycleworkshop.com)

##### **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)

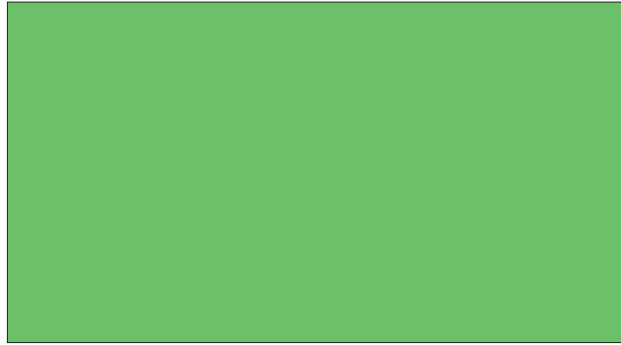
##### **Sayville Bike Works**

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



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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 July-August 2009 issue is:

**Monday 1 June 2009**

Bicycletter

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Bicycletter May-June 2009

Volume 19 • Issue 3

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 Bicycling Coalition (NYBC) & the New York City Bicycle Safety Coalition.