

B I C Y C L E E R.

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

It's that time of the year again! Every fall, the 5BBC holds an annual election for the Executive Board. Bicycles can't steer themselves and neither can bike clubs - the Club's Board is responsible for making sure all the Club's tasks get carried out each year. And there's plenty to do - day rides, weekend trips, the Montauk Century, bicycle courses and even a bit of bicycling advocacy.

We need candidates to run for these offices and that's what this article is all about. Our board has 13 posts and all of them are up for grabs every November. We need people who care about the Club and want to devote some of their time to making the magic happen for our rides and programs. The Board meets once a month to decide on the Club's business and there's plenty of work to do in between meetings.

If you're not sure if you want any major responsibilities but would still like to help out the Club with publicity, logistics, Web site or database expertise, or assist Board members with the jobs listed below, don't be shy, we have plenty of volunteer opportunities.

Write to president@5bbc.org or vicepresident@5bbc.org and let us know.

Officers

* **President:** Presides at meetings; exerts overall responsibility for club matters.

* **Vice President:** Assists the President; may lead specific projects.

* **Recording Secretary:** Takes minutes of Executive Board and membership meetings.

* **Corresponding Secretary:** Handles correspondence for general club matters, manages membership list.

* **Treasurer:** Coordinates preparation of the budget and monitors spending.

CALL FOR 2010



BOARD NOMINATIONS

Coordinators

* **Day Trips Coordinator:** Coordinates planning, scheduling, and recruitment of leaders for day trips.

* **Weekend Trips Coordinator:** Coordinates planning, scheduling, budgets & leader recruitment for weekend trips.

* **Newsletter Editor:** Edits and publishes the bimonthly newsletter.

* **Leadership Coordinator:** Organizes and conducts the semi-annual leadership training course.



* **5BBC PRESIDENT:**

Presides at meetings;
Exerts overall
responsibility for
club matters

Photo by Joe Candelaria

* **Leadership Coordinator:** Organizes and conducts the semi-annual leadership training course.

* **Special Events Coordinator:** Coordinates the Montauk Century and other major events.

CONTINUED ON PAGE 8



2009 Executive Board

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Don't Worry, Be Happy 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊

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

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

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell



has what is considered the toughest standards for helmets, especially for bicycling.

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

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

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

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

Above: "World Champion" Nexion helmet from Spiuk via Dolan Sports, www.dpmsports.com

Monday Sept. 21, 2009, 6:00 PM
OPEN HOUSE AT EMS

The new Eastern Mountain Sports (EMS) store
530 Broadway, Manhattan.
Subways: R W to Prince St., 6 to Spring St. / Lafayette, B
D F V to Broadway / Lafayette, E to Spring St. / 6th St.



Alan Ando and colleagues at The New EMS Soho Store www.emssoho.com will be hosting the 5BBC. Eastern Mountain Sports is the premiere adventure outfitter and was a sponsor of the Montauk Century this year and also is a great supporter of the club!

They are continuing their partnership with us this evening with clinics, demos, small giveaways and a raffle prize and discounts. If you ever wondered how to handle a kayak paddle or pitch a tent this is the evening to learn. Please browse their website

Discounts are for that evening only for stock inventory and exclusive to 5BBC members and accompanied friends that join us that evening. New members that join the club during the event will also share in the discount.

Lets Network, Adventure Travel, Climb / Mountaineer, Camp/Hike, Bike and get ready for Winter Sports this evening!

I wish thank 5BBC Special Events' Coordinator Joe Candelaria for hooking us up with Alan.



LOVE THE 5BBC

Monday October 19, 2009 6:30 PM
**NOVA SCOTIA
TRAVELOGUE--
THE LIGHTHOUSE TOUR**

Lower Manhattan Business District
104 Washington St. (north of Rector St.), Manhattan
Subways: 1 R W to Rector St, 4 5 to Wall St.



At our January 2009 meeting, Al Hastings of In Motion Events was one of our guest speakers. 5BBC Vice President Sharon Behnke and Programs Coordinator Barry Hartglass ventured on one of his tours, during the summer of 2009 and this program is an account of that adventure

Terrain covered over eight days was from Portland to Yarmouth (by Cat Ferry, of course) to Barrington, to Liverpool, to Bridgewater, to Middletown, to Annapolis Royal, to Belliveau Cove and then back to Yarmouth and eventually Portland.

Come join us for this most scenic coastal experience! Any 5BBC member who has recently ventured into the region and who wishes to join in to provide input at the meeting please contact Barry at programs@5bbc.org.

This meeting is also Nominating Night for your 2010 Executive Board. Please check the website periodically for updates

*Meeting related weblinks:
In Motion Events-Lighthouse Nova Scotia Tour:
<http://inmotionevents.net/lighthouse/index.html>*

*A feel for The Western Region of :
"The Almost Island"
<http://nsonline.com/maps/westernmap.htm>*

Light refreshments to be served-Thank you.

**Bicycletter
September-
October 2009**

TABLE OF CONTENTS

- 1 - Board Nominations
- 3 - 5BBC General Meetings
- 4 - Day Trips
- 9 - Meet the Neighbors;
NY Minutes & bike racks;
James Langergaard
- 10 - Queens World map;
NYBC News
- 11 - SAVE THIS DATE
- 12 - Summer Cycling Pixs
- 14 - Weekend Trips
- 16 - Eliana @ Netherlands;
NY Bike Jumble
- 17 - Dalah @ Old Put Century;
Cycling Podcasts
- 18 - 5BBC Executive Meeting
Highlights & General
Meeting Summary
- 20 - Ads & Bike Events
- 21 - Bike Leadership Course
- 22 - Order Blank Form
- 23 - 5BBC Bike Shops

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**It's not too
early to think
about....
RENEWING your
5BBC
membership for
2010!**



Barry and his Bike Friday, on the Lighthouse Route. Photo by Sharon Behnke.

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

Cunningham Park

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

Grand 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.

Kew Gardens

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

Penn Station

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

Chrystie & Canal Sts., near Sara Delano Roosevelt Park, Manhattan. Subways: 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.

RING Garden

Broadway at Dyckman St., in Manhattan. Subways: A 1 to Dyckman Street.

South Ferry

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



5BBC Day Trips July-August 2009

Summer is fading and the days are getting shorter, hopefully a bit cooler, with the beautiful colors of fall to behold!

What better way to enjoy the season than on your bike? There are many great rides to choose from.. How about a quiet residential tour of Brooklyn or a leisurely ride to Roosevelt Island? Up for a challenge?

ANDREA CASERTANO

RE: Cycling

5BBC Day Trips

Try the Bear Mountain Metric Century or go on a quick spin ride with Dennis Griffen. You can spend Halloween at Wave Hill or ride to the Oyster Festival. And don't forget the NYC Century Bike Tour on

September 13 <http://www.nyccentury.org>

Wherever you ride, make sure to bring plenty of water, energy snacks, spare tubes and a metro card. Be sure to check the bulletin board for ride updates and cancellations.

Most importantly, be careful out there....don't forget to LOOK.



Cooling off in the urban shade on Manhattan's Park Ave., during Summer Streets. Photo by Dalah del Prado.

Saturday, September 5, 2009 TA/5BBC Training Ride #5 THE OLD PUT CENTURY QUICK SPIN

8:00 AM, Woodlawn (Jerome and Bainbridge Aves), 100 miles

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 on a path that is paved, level, and car-free. Hooray! We are offering this ride again due to the response we got when we first did it in June. Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, and \$ 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: Jesse Brown and Steve Bauman

Sunday, September 6, 2009 EARLY MORNING RIDE TO CONEY ISLAND 8:00 AM, Prospect Park, Grand Army Plaza, 20+ miles

Let's get up early and get some exercise. We'll ride via the Shore Parkway bike path, to Coney Island, stop briefly on the boardwalk for coffee and a bagel, then onto Manhattan Beach and Sheepshead Bay before heading back. This is a

quick paced ride with an early return. Rain cancels. Leaders: Andrea Casertano & TBD.

Monday, September 7, 2009 ☺ BROOKLYN RESIDENTIAL TOUR II 9:00 AM, Popeye's Restaurant (125 Canal St., between Canal & Chrystie Sts), 35 miles

We'll explore some of the quieter sections of Brooklyn. Ride through

Dumbo, Brooklyn Heights, Red Hood, Carroll Gardens and others. Bring lock, snacks and money for lunch.

Leaders Terry Chin & others.

Saturday, September 12, 2009 SLAVES OF SLEEPY HOLLOW 10:00 AM, Van Cortlandt Park, 35 miles, moderately hilly with a few steep hills

Follow the scenic Hudson River up to Philipsburg

Manor, an 18th century grist mill powered with slave labor. Now a museum, visitors will get an unvarnished appreciation of life on a colonial farm. Return route will use the car-free (and paved) South County Trailway. Bring \$10 museum admission; bring or buy lunch. Leaders Ed Ravin and Purnell Lancaster.

**Sunday, September 13, 2009
Transportation Alternatives
NYC Bike Tour**



**PHILLY FOR A DAY
7:45 AM, Penn Station (8th Ave & W
31st St), 15 miles**

Indiana Jones once observed, "It's not the years, it's the mileage." But this trip in Philadelphia is more about the years. Philly is one of the oldest cities in the US. Using our bikes to get around, we'll pass by Independence Hall, tour the historic ship and submarine at the Independence Maritime Museum www.phillyseaport.org/ships_olympia.shtml. We'll see the Museum of Art and do a ride along the Schuylkill River Greenway. Lunch is on the south side by the Italian/Mexican markets. NJ Transit train to Trenton costs \$21.50 round trip. The ticket machines are on the 7th Avenue side of Penn Station in the SE corner of the main floor. SEPTA train tickets between West Trenton & Philly cost \$15 round trip on line (\$18 on board) and are best purchased on line. It is the item at the bottom of the webpage, https://shop.septa.org/index.php?target=categories&category_id=30. Note that tickets are mailed and may take 7-10 days for delivery. Museum visits subject to availability. Leaders: Fred Dieckamp and TBD

**Sunday, September 20, 2009
BIKE PATHS TO SCARSDALE
10:00 AM, RING Garden, 25 miles.**

Let's follow the Bronx River bike path, enjoy the geese, ducks and peaceful babbling brook. Lunch will be in Scarsdale. Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: 50% chance of precipitation. After you've checked the weather channel or

See TA/5BBC training rides and get ready! For more information, visit www.nyc.century.org/ and register before August 21, 2009.



**Saturday, September 19, 2009
TRAFFIC HATERS'
RIDE TO LONG BEACH
9:30 AM, Cunningham Park, 50 miles,
12 mph pace on flat terrain**

Enjoy the backroads of Nassau County as we avoid the major throughfares and have lunch on the boardwalk in Long Beach. Things to bring: Bag lunch or money for lunch TBA. Rain at start cancels. Leaders: Manny Sanudo and Kathleen Pryce

1010 WINS radio, call Maggie After 8 AM (212-567-8272) if still in doubt about weather conditions. Leaders: Maggie Clarke & TBD

**Sunday, September 27, 2009
HALO HALO & PEDAL POWER FOR
TITA CORY
9:30 AM, South Ferry to take 10 AM
boat, 30-40 miles, mostly flat**

Cycle in remembrance of the late Corazon "Cory" Aquino, President of the Philippines, 1986-1992,

Van Cortlandt Park
Broadway at West 242 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.

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

For a comprehensive list of ride locations, visit:
www.5bbc.org/meetingplaces.shtml

Adventure Cycling Clip Art



Climb an ice cream sundae



Cycling with flags



IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at ww.5bbc.org/rides and/or bulletin board; As a member, check club weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets cooler and, it's very important to: **Dress in layers, that can be removed when needed.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from drying and cracking. Drink **Water** to stay hydrated. Thank you.

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



From bookcover: The Best of Newspaper Design 27

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

Thanks to Fred Dieckamp, Ted Kushner and Phil Goldberg who helped mail print copies of the Sept. Oct. 2009 Bicycletter on Mon. Aug. 29 to 5BBC members.

with the help of People Power. After we ride a bit, we'll memorialize her over humble Turo-Turo lunch at a Filipino eatery, in Jersey City. Wear yellow clothing and gear, Yellow was Cory's favorite color. If you have a yellow bike, ride it. Gold colored items also encouraged. Bring \$ for lunch, return ferry and lock. Co-listed with NYCC. Leaders: Alfredo Garcia & Jesse Brown

**Saturday, October 3, 2009
TRAFFIC HATER'S RIDE TO WELWYN PRESERVE**

9:30 AM, Cunningham Park, ~ 45 miles

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

Leaders: Manny Sanudo and Kathleen Pryce



It's fun to be cycling with the 5BBC. Photo by Danny Lieberman.

**NEW JERSEY'S RARITAN CANAL
8:45 AM, Penn Station (8th Ave & W 31st St), 35 miles**

Explore the Delaware & Raritan Canal from Trenton to New Brunswick. We'll see Revolutionary War sites in Trenton, lunch in PA, visit Princeton University campus and end in New Brunswick for train back to NYC. Hybrid bike helpful but not necessary for canal towpath. NJ Transit train to Trenton costs \$21.50 round trip and the same fare applies if returning from Princeton or New Brunswick stations. The ticket machines are on the 7th Avenue side of Penn Station in the SE corner of the main floor.

Leaders: Fred Dieckamp and TBD

**Sunday, October 4, 2009
☺ BERGEN RAMBLE
10:00 AM, RING Garden, 27-30 miles**

Let's venture into Bergen County, NJ on Irv Weisman's very pretty route through the 'burbs of Bergen to the Closter Diner for lunch. Helmets are required. We will observe Club riding etiquette. Cancellation: 50% chance of precipitation. After

you've checked the weather channel or 1010 WINS radio, call Maggie After 8 AM (212-567-8272) if still in doubt about weather conditions. Leaders: Maggie Clarke & TBD

**Saturday, October 10, 2009
☺ ROOSEVELT ISLAND – FROM AWFUL TO AWESOME
10:00 AM, City Hall, Approximately 20 leisurely miles**

Perhaps you weren't around in the 1850's, but this place wasn't exactly The Garden of Eden. We'll find out what was once there, as well as who was once there. Then, we'll move time 159 years later, to today. We'll discover some unique things that are going on right before our eyes. Be sure to bring your Metrocard, since the ride to the island begins with a high above the water aerial tram ride. Bring lock and money for lunch at a local off the island eatery. Rain at start cancels. Leaders:

Richard Sanford and Andrea Casertano.

**Sunday, October 11, 2009
☺ ESSEX COUNTY FALL CLASSIC
10:00 AM, LOWER LEVEL of World Trade Center PATH station at the Ticket Machines, 35-40 miles**

Let's venture into Essex and maybe Passaic Counties in NJ on one of Irv Weisman's very retty routes through Branch Brook Park, Cherry Blossomland in the off-season, and through the beautiful estates of the Montclairs, maybe to Little Falls if we feel like it – at the height of the fall colors. Lunch will be indoors or outdoors depending on weather. Bring money for the PATH train, round trip. Helmets are required. Cancellation: Excessive wind conditions, expected temps below 40 degrees at the start, or 50% chance of precipitation. Call Maggie after 8 am if in doubt about weather. Leaders: Maggie Clarke & TBD

**Saturday, October 17, 2009
OY OY OYSTER!**

9:00 AM, Cunningham Park, 50 miles, moderate pace w/hills

They may look slimy, but they sure taste good. So do their cousin shrimps, clammys, steamers, and other nautical delicacies, plus the best chowder this side of Cape Horn. Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's 26th anniversary Oyster Festival, with music, crafts, souvenirs, tall ships and maybe a turkey leg or two. What's a better way to work up an appetite than by cycling to this North Shore enclave. Free admission, but bring pieces of eight for goodies, bike locks, that wooden pegleg, and a hearty appetite. We may re-route to alternate destination if rainy. Leaders: Captain Ted Kushner and First Mates Ed and Liz

Sunday, October 18, 2009



Meeting the Latino Schwinn Bike Club during Richard Sanford's 'Vamos al Bronx Spanish Immersion Ride,' Aug. 15, 2009
Photo contributed by Dalah del Prado.

**TEATOWN LAKE BIKE/HIKE
8:25 AM Grand Central Terminal, 26 very hilly miles**

For those of you who have done my ride to Chappaqua, this will seem familiar, but with an added attraction: quality time at Teatown Lake Reservation (<http://www.teatown.org>) in Ossining for some hiking. While the ride starts at Croton-Harmon, to allow for hiking time, the ride will end in Bedford Hills, after 26 miles. For those of you not familiar with this terrain, it is very hilly, though we will take our time reaching the peaks. We'll lunch in Chappaqua, perhaps running into their most famous residents. Bring MTA Bike Permit, a lock and snacks (lunch will be on the late side). Leaders: Brian Hoberman & TBD

**Saturday, October 24, 2009
BEAR MOUNTAIN METRIC**

**CENTURY: THE SIX COUNTY RIDE
8:00 AM, Plaza Hotel, 65 miles**

After cycling up the western bank of the Hudson for 50 miles through fall foliage, challenge yourself by ascending Perkins Drive to the 1,300 foot summit of Bear Mountain. The view is worth it! Return to NYC on Metro North from the Garrison Station. Bring your MTA Bike Permit and \$11.25 train fare. The terrain is hilly with some VERY STEEP climbs. Riders must be able to maintain a 16 mph pace. Leaders: Dennis Griffin and Ira Najowitz

**☺ THE 11 O'CLOCK GANG
10:30 AM, Kew Gardens, Statue of Civic Virtue, 25 miles**

We don't go far, we don't go fast, we just go--Don't ask where we go--since we just don't know--Don't

ask what time we will be back because we just can't answer that. So come on our Surprise ride. Bring lock and money for lunch. Leaders: Ed Pino & Liz Baum

**Sunday, October 25, 2009
BIKEWAY OVER THE HUDSON:
AWOSTING FALLS
7:20 AM, Grand Central Terminal, 45 hilly miles**

The historic Poughkeepsie Highland Railroad Bridge ("Walkway Over the Hudson", <<http://walkway.org>>) will open to the public in October as the world's longest and highest bridge dedicated to pedestrian and bicycling use. Our ride will showcase this bridge, plus other attractions including the 17th-century Huguenot settlement in New Paltz <<http://www.huguenotstreet.org/>>, the Hudson Valley and Wallkill Valley Rail Trails, Awosting Falls in Minnewaska State Park <<http://www.newpaltz.org/npminnefalls.html>>, and peak fall foliage along the Shawangunk Ridge of Ulster County. Some of our riding will be off-road; 28c or wider tires are recommended. Bring lunch (or \$ for it), MTA Bike Permit, \$29 train fare, and an appreciation for the natural beauty of Awosting Falls and the man-made beauty of this

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.mtanyc.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



Access requires an 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

For more information on all MTA trains, visit 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



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

LET'S WELCOME OUR NEW 5BBC MEMBERS



Rally 'round the flag. A John Vincent photo of the Syosset Huntington ride

Adam Pendlebury
Alex Johnson
Alie Giaime
Andrea Pozzi
Antonio Rivera
Ayleen Luke
Ben Nelson
Bhairavi Desai
Brett Thomas
Catherine Thomas
Darin Aumand
David Neustadt
Derek Sivers
Douglas O'Heir
Fran Cohen
Frank Modersitzki
Gary Katz
Glenn Alcott
Greg Koehrlart
Hector Anaya
Irwin Seltzer
Jen Macartney
Jen Migdal
Joshua Rubinstein
Jung Ryu
Kim Allen
Laurie Cohen
Lee Bartolomeo
Leo Lopez
Liz Riordan
Lori Oriucci
Mark Bartolomeo
Mary Mahoney
Monica Giannelli
Nick Sonderup
Nif Cook
Nobuko Shibayama
Oscar Guevara
Patrick Smith
Richard Rosenberg
Sam Polland
Sandy Geiger

extraordinary bridge. Leaders: Jim Zisfein and others.

Saturday, October 31, 2009 WAVE HILL HAUNTING 9:00 AM, Columbus Circle, 30 miles

Enjoy a Halloween visit to a treasure in the Riverdale section of the Bronx: Wave Hill (www.wavehill.org). Once a private estate, it is an oasis that overlooks the Hudson and the Palisades. To and fro, we'll enjoy riding through picturesque parks in Manhattan and the Bronx. Bring a lock. 30 miles with a few hills. Leaders: Brian Hoberman & TBD

Saturday, November 1, 2009 QUEENS "FIGURE 8" 8:00 AM, Kew Gardens, Statue of Civic Virtue, 55 miles Quick Spin +16 mph in uncongested areas

We'll travel north/south on this one. The width of Queens will be covered. From Kew Gardens to Douglaston Manor and Ft. Totten in the north to a turnback to Rockaway in the south.. On-street bike lanes will be combined with back road "gems" to keep the ride quick and safe. Lunch at the end will be an option. Bring water bottle(s) and \$ for lunch. Riders with a great attitude would be most welcomed! Leaders: Dennis Griffin & TBD

Saturday November 7, 2009 ☺ THE GREATEST TURKEY RIDE: Charlie's Turkey 10:00 AM, Kew Gardens, Statue of Civic Virtue

Join Ed and Liz as we eat Charlie's turkey, the best turkey in Queens. I can say that I have been eating it for years. This is an easy 25-30 mile mostly flat ride. Usual weather conditions apply Bring \$10 for lunch. Ride will end at Ed and Liz's Apartment. There will be an open house at our place. Please call if you would like to join us for Lunch and are not riding at 718-487-4992. Leaders: Ed Pino and Liz Baum

Sunday, November 8, 2009 CROTON RESERVOIR TRIPLE-CROSS 9:00 AM, Van Cortlandt Park, 35 miles

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings -- the "Old Put" railroad bridge, Gate House Bridge, and New Croton Dam -- plus a splendiferous (although slightly bumpy) ride along the lake shore. Ride ends at Croton-Harmon station. Bring \$ for lunch, \$8.25 train fare, MTA permit. Leaders: Jim Zisfein and others.

Call for 5BBC Board Nominations (cont'd from page 1)

*** Bicycle Course Coordinator:** Plans and schedules repair courses and seminars.

*** Programs Coordinator:** Plans entertainment and educational programs for club general meetings and special gatherings.

*** Communications Coordinator:** Publicizes and promotes club activities to the public, in charge of Club's outreach efforts such as tabling.

Qualifications

The five officers and the day trips, weekend trips and leadership coordinators must be trained 5BBC leaders. Before taking office, the President must have been a club member for two years or an Executive Board member for at least six months. The Newsletter, Programs, Special Events, Bicycle Course and Communications posts are open to all members.

You can nominate yourself or someone else for a position, by writing to us at corresponding@5BBC.org or vicepresident@5bbc.org,

or by US mail to:

Five Borough Bicycle Club
Attn: Nominations
891 Amsterdam Avenue, Room 002
New York, N.Y. 10025

All nominations must be seconded by another club member, so make sure your letter includes the name of this person.

The deadline for submitting nominations is the Club's general meeting on Monday, October 19th, which starts at 6:30 PM, at: The Lower Manhattan Business Improvement District, 104 Washington Street (near Rector Street), Manhattan. You may also make a nomination in person at that meeting.

-- Ed Ravin, 5BBC President

Meet the Neighbors by Carol Wood

ENCINITAS, CALIF., August 22—I'm riding home from the gym, climbing the cursed local hill, which rises about 250 feet in half a mile. It's not steep, but it's long enough to make me sweat and suffer, and I face it on every return trip.



Dude Magnet.

The enormous saddlebag on this bike transports Mexican food and beer to the beach, a utility prized by local men.

Two men are standing in front of a duplex that I pass. One of them compliments my bike, a dinged-up black IRO fixed gear with orange and yellow rims. So of course I turn back to make friends.

Ira, the pa, shows off the red conversion shoved <<http://tinyurl.com/ktdgo5>> in the back of his Honda Fit (along with an oil painting easel, an inflated inner tube, and who knows what else). Turns out this guy, who looks to be in his mid 60s at least, lives in downtown San Diego and works as a full-time bike messenger! He is one of only five at his company, down from 12 before the recession, he said.

Ira rides his 40-15 fixed gear around town delivering legal papers and such, and tells me about having to brake and talk on his cell phone at the same time. (San Diego has some pretty hilly streets, and he's tackling them on about 72 gear inches—compared with my 63.) Needless to say, this man is in tremendous condition.

He mentions working in the schmatta trade in NYC and says he rode a bike there in the '50s. Or I think that's what he said. We reminisce about the Garment District and ramble on and on.

Steve, his son, is on crutches from having broken a femur in a dirt-bike crash. He's kind of quiet, either from pain or because his dad is such a chatterbox, and by now he wants to sit down. His grimace reveals adorable dimples. I had previously named his house the Perfect Guy House because it is always overflowing with sports gear—garage crammed full of muddy motorbikes and trailers

and tools and junk, a catamaran parked out front. Steve says, unhappily, that he will probably give up motorcycling; I don't ask for details about the crash.

(Editor's Note: In 1999, the local newspaper ran an article about a messenger named Ira Pintzuk. <<http://tinyurl.com/lcvmlx>> What is more admirable: That the man is still messing at nearly 70 years of age, or that he appears to ride the same vintage bike today as 10 years ago?)

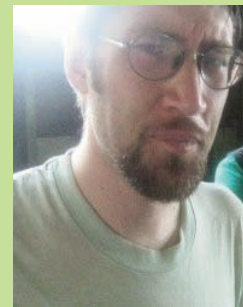
Carol Wood is a grateful former 5BBC member temporarily transplanted in San Diego County.

New York Minutes by Lynette Chiang Why You Really Need a Folding Bike



Photo by Lynette Chiang

Bike rack shot. Kryptonite was crap last night



In Memoriam:

James Langergaard,
Bike Philosopher

by Clarence Eckerson, Jr.

On Friday night, August 14th, James Langergaard was killed by a car crossing Queens Blvd. According to his family, witnesses told police that James ran a red light on his bike & died instantly. James was 38.

I have known James since 1997 when he and I were volunteers at Transportation Alternatives. Over the years, we volunteered together for many events, went on countless rides & hikes, and in general just enjoyed talking with each other about the world and bicycling, almost always in a humorous (and sometimes absurd) manner.

It was one of those fun brainstorming sessions between us that led to the idea that James would become the official "Bicycling Philosopher" for bikeTV - the cable access show I produced from 2001 thru 2006. Thus I present: "What is the essence of cycling?" which we filmed in 2005 while at a Central Park volunteer appreciation party for workers and marshals of the T.A. Century. James' wit and humor are on big display here as he questions people about bicycling and why they do it, then cleverly encapsulates their thoughts.

In a world full of lots of uninteresting people, James was always had something off-beat or quirky to say. He could make you laugh, and laugh hard. Without James, the world just got a whole lot more boring.

Related weblink to a video:
<http://www.streetfilms.org/archives/in-memoriam-james-langergaard-bike-philosopher/>



Besides the NYC Cycling map, the Dept. of Transportation is putting out a unique cycle touring map of the borough of Queens, with a distinct cover of the Unisphere, from Flushing Meadows Corona Park:

"Ride through and explore the most ethnically diverse county in the nation, home to over one million immigrants speaking more than 130 different languages. The Queens Around the World bicycle tour takes you along on-street and off-street bicycle lanes and greenways through parks, by shops and into neighborhoods where diverse communities create vibrant street life filled with an incredible array of music, shopping, and cultural events. As you pedal from neighborhood to neighborhood, you can sample from an eclectic variety of cuisines. The tour offers a number of destination options where cyclists can ride by a historic building or park your bikes and enjoy a museum or a delicious meal. Other points of interest include galleries, public art, cultural institutions, houses of worship, architectural gems and historic districts."

For more information visit http://www.nyc.gov/html/dcp/html/transportation/td_queens.shtml or click on the covers above and below.

For a print copy of this map, call 212-442-4642 or visit the Dept. of City Planning Bookstore at 22 Reade St. in Manhattan



New York Bicycling Coalition's September 2009 E-News

Register Today for SR2S-NYS Poster Art Contest, Writing Contest Webinars this September.

The New York Network for the Safe Routes to School National Partnership would like to encourage your school to participate in activities that advance our health, safety and environment this year. The annual Poster Art Contest, Writing Contest and Walking School Bus are great ways to get involved.

Whether it's participating in these contests, planning a walking school bus program or developing a safe route to school initiative these are all great ways to address the critical issues related to our children's health, traffic congestion, public safety and the environment.

Download the contest brochures and register your activities online by visiting <http://www.saferoutespartnership.org/state/4373/newyork> and simply scrolling down. By registering you will receive prizes for all participants in your school. Please take advantage of these FREE opportunities.

In addition SR2S-NYS will be offering two statewide webinars:

Teaching Cycling Skills to Young Cyclists in New York State



Will cover how Bicycle education fits into New York State's Core Curriculum Standards for Physical Education and will provide strategies and models for delivery. Attendees will be able to identify the basic message we want to tell kids (and their parents) about cycling as well as go over bicycle education content: what do kids need to know?

Presenter: Rich Conroy, Bike New York
Dates: Tuesday September 22, 9am to 10:30am & Thursday September 24, 12pm to 1:30pm

The Walking School Bus: Lessons in New York State
A walking school bus is a group of children walking to school with one or more adults. If that sounds simple, it is, and that's part of the beauty of the walking school bus. Learn from the obstacles overcome by a model program in Niskayuna, NY.

Presenter: Denise Cashmere - Schenectady County Traffic Safety Coordinator

Dates: Tuesday September 22, 12pm - 1:30pm & Friday September 25, 9am to 10:30am

You must RSVP to participate in the webinar by

sending an email to Justin@saferoutespartnership.org. Please put in the subject line the topic, date and time preferred. In response you will receive an invitation with the appropriate information to participate.

3. Biking Rules PSA Challenge - T.A. Wants to Give You \$4000!

The Biking Rules PSA Festival & Competition will now be screened at one of New York City's premier venues: the Brooklyn Academy of Music. The festival will show on November 17, when dozens of filmmakers and photographers will compete to produce PSA's and media that promote civic cycling in NYC.



The Biking Rules's PSA Competition's goal is to develop viral media that will carry the message of civic cycling to NYC's 185,000 cyclists and beyond. The competition has two categories: videos and photos that promote cycling in New York City, as well as video and photos that convey one of the tenets of the Biking Rules "Street Code," such as yielding to pedestrians and keeping off the sidewalk.

Winning submissions will receive up to a \$4,000 cash prize. In addition, Kona USA will give away two Smoke bikes at the Biking Rules PSA Festival in addition to donating \$25 to Transportation Alternatives' bicycle advocacy work for every Kona Smoke model sold at NYC Velo and Mod Squad through September 30.

"Transportation Alternatives sets an example for the whole nation, and Kona is thrilled to help them make New York City a safer, better place for cyclists and pedestrians, says Cory Blackwood of Kona USA.

The deadline for entries has been extended to September 28, 2009. Submissions are being received at bikingrules.org/PSA.

4. Petition Drive In Support of Tappan Zee Bike-Pedestrian Paths

The Westchester-Putnam Bike Walk Alliance is conducting an online petition drive, which they will



pass on to Michael Anderson of New York State DOT to build support to ensure the new Tappan Zee Bridge includes bike/walking paths on both the north and south sides of the new bridge.

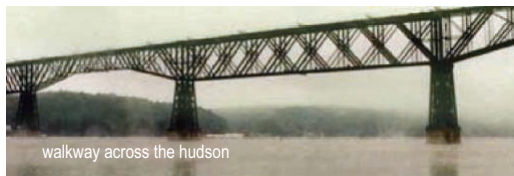
To view the petition and lend your voice to the cause, visit

<http://www.petitiononline.com/tz2009>. Please write a comment about where you live and why you would like to see pathways on both sides of the bridge.

5. Bikes Belong Awards \$40,000 in Grants

According to an Aug. 10th news release, "Bikes Belong awarded grants to five great projects this summer, putting more people on bicycles more often in Arkansas, Delaware, Massachusetts, New York, and Wisconsin. Our funding in this round will help build bridges, bike paths, trails, and BMX facilities that will enhance communities, increase ridership, and benefit the bike business. These grants are made possible by Bikes Belong member contributions."

Walkway Over the Hudson (NY): \$10,000 for a bike/ped bridge that will turn the historic Pough-



keepsie-Highland Railroad Bridge into a linear park and trailway; *Editor's note: the bridge will be officially opened on Sat. Oct. 3, 2009.*

Friends of the Belmont Community Path (MA): \$10,000 to fund a portion of the Mass Central Rail Trail from Brighton to Belmont Center;

Delaware Trail Spinners: \$10,000 to help build a section of natural-surface trail connecting Middle Run Valley Natural Resource Area and Paper Mill Park;

Wilderness Lakes Trails (WI): \$5,000 to help Wilderness Lakes Trails to restore and expand a central section of the Agonikak National Recreation Trail;

Harrison Downtown Development & Revitalization Foundation (AR): \$5,000 to help build a new BMX facility in their town

For more info, go to:
<http://www.bikesbelong.org/node/2471615>

6. You're Invited to a Bike Ride on the East Coast Greenway



The East Coast Greenway invites cyclists to Come see all its progress along the Hudson River waterfront.

Sunday, October 11, 2009, 8:00 AM

Along the Hudson River waterfront in NJ & NY
Starting & ending at Fort Lee Park, NJ

Details: <http://ecghudsonloop.eventbrite.com>

7. Save the Date! Walk/Bike NY Symposium to be held June 7, 2010

The New York Bicycling Coalition is pleased to announce "Walk/Bike NY...Communities on the Move" Symposium will be held at the Hyatt Regency in Hauppauge, New York on Monday, June 7, 2010. This symposium is jointly sponsored by the New York State Department of Health and the New York State Traffic Safety Committee, in conjunction with the NYS Departments of Transportation, State, Office of the Aging; Safe Routes to School National Partnership, NYBC and Parks & Trails New York.

Dr. Arthur Wendel, Medical Officer for the Centers for Disease Control and Prevention, National Center for Environmental Health, Public Health and Built Environment Initiative will be delivering the opening keynote address. Planning is already underway, symposium topics are being considered, and outreach to local community experts in building walkable and bikeable environments with interests in safety, land use, economic development, transportation, education, law enforcement, and health promotion has already begun.

As a member of the Walk/Bike NY Planning Committee, NYBC's is striving to deliver a quality program agenda and offer a variety of topics to those interested in coming together to meet the needs of bicyclists and pedestrians in communities across New York. Stay tuned for further details and full program agenda once confirmed--but in the mean-



time, consider electing delegates to represent your club at this event and Save the Date!
WalkBikeNY Symposium -- June 7, 2010
Hyatt Regency, Hauppauge, NY
Early Registration fee \$40; Late/On Site \$50
Lodging \$131 single/double
Visit www.itsmr.org or www.nybc.net for more information.

Sunday
May 16, 2010

SAVE
THIS
DATE



Montauk
Century

*the tradition
continues*



photo by Susan Anderson



It Can't Rain All the Time--
Summer Cycling with the
Five Borough Bicycle Club
and Beyond.



Crossing the George Washington Bridge, the 22nd of 23 Bridges of New York ride. Photo by Joe Herzfeld.



Ben & Ira making sure Dalah's front brake is okay. Gold Coast bike event. Photo by Dalah del Prado.



Steve Bauman helping out at the 5BBC table during Summer Streets. Photo by Sharon Behnke.



Carol Wood's IRO single gear bike, with orange and yellow rims. Read her "Meet the Neighbors" article on page 9.



To be very young and very pretty in pink . Photo by Lynette Chiang.



Garden City ride. Photo by leader Danny Lieberman.



Lynette Chiang, world traveler with Bike Friday and the Unisphere



At the familiar Neponisit, Rockaways spot. Classic Beach Bums ride. Photo by Bob Castro.



Atop the wall and Long Island Sound from the Dennis Griffin & Susan Rodetis Syosset and Huntington training ride. Photo by John Vincent.



Peter Morales' photo of Cheryl at the annual Iowa RAGBRAI bike event.



Father and son at Summer Streets. Photo by Denton Taylor.

5BBC WEEKEND

TRIPS 2009

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

JEscape 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 & Wentworth Price

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

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

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 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



Bash Bish Bash - A Taconic Treat



Led by Jim Zisfein & Ed Ravin



Photos by Jim Zisfein & Richard Brause



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*

Scenes from the 2008 Sea Gull Century, via www.seagullcentury.org





The New York Bike Jumble is a cycling flea market held periodically in Manhattan and Brooklyn.

The next Jumble will be on Sun., Sept. 13, 2009, in Manhattan, at 4th St. between Ave. B & C. If you plan not to do any club rides or bike events and looking for a bargain, come visit.

For more details, visit www.nybikejumble.com



Do you know that the venerable New York Times has a weekly print and online column covering NYC cycling, called Spokes?

It's usually published on Wednesdays and appears online at <http://cityroom.blogs.nytimes.com/category/spokes/>

Although informative, it also examines tensions & contentious tribulations that we go through.

Recent story: "As Bike Lanes Proliferate, So Do Disputes." Thanks to the NYC DOT Commissioner Janette Sadik-Khan, we are getting new bike lanes built. However, non-cyclists, usually automobile drivers and businesses object.

Column excerpts about bike lanes in Staten Island:

"It's not whether or not there should be a bike lane," he said, "but where."

"Staten Island is a car culture due to the lack of mass transit options," the (Staten Island) council members wrote. "It has never been a bicycle culture."

"We're not against bike lanes per se," council member Mr. (James) Oddo said. "The sentiment boils down to this being imposed on us by an entity that supposedly knows better. I get the feeling that the upper echelon of the D.O.T. looks upon Staten Island as a bunch of Neanderthals who don't get sustainability." "I live on this Earth, too...."

Cycling European Vacation to the Netherlands, August 2009. Select Photos by Eliana Hecht & Ken Coughlin Part 1



5BBC Classic Ride: The Old Put Century, Sat. Sept. 5, 2009
 100 Miles thru mostly Westchester greenways. Led by Jesse Brown
 and Steve Bauman. Select Photos by Dalah del Prado



A view from the bridge



Hey! What about a photo of me!



From packed dirt to asphalt



Cycling Podcasts for iPods & MP3s...

If you have an Apple iPod or an MP3 player, you can download free broadcasts of these interest podcasts, to enhance your cycling interest.



The Bikescape Podcast explores cycling culture from San Francisco, California.

Examples:

- San Francisco bike plan
- Traffic calming in the Czech Republic
- The bike scene in Hong Kong
- A conversation with our own Clarence Eckerson

For more details, visit www.bikescape.blogspot.



A "Fred" is considered a cyclist who invests a lot in bikes, gear and equipment.

Utah's David Bernstein, former bike industry executive broadcasts "The FredCast," which is devoted to such topics and more.

Recent shows discussed:

- Cyclists vs. Motorcyclists
- Bike helmet saving a cyclist from a bullet
- Bike industry shows

For more details, visit www.thefredcast.com



ON THE RECORD

5BBC Executive Board Meeting Highlights & 5BBC General Meeting Summary

HIGHLIGHTS OF THE JANUARY 5, 2009 BOARD MEETING

Meeting held at Woolworth Kitchen.

Present:

John T. Chiarella, Robert Castro, Phil Goldberg, Leila Rinehart, Ed Ravin, Stephen Jackel, Barry Hartglass, Andrea Casertano, Alfredo Garcia, Sharon Behnke, Danny Lieberman and Joe Candelaria.

* COMMITTEE ASSIGNMENTS: Danny Lieberman is appointed to the Montauk Committee.

HIGHLIGHTS OF THE JANUARY 26, 2009 SPECIAL BOARD MEETING

Meeting held at Metro Dinner

Present:

John T. Chiarella, Stephen Jackel, Barry Hartglass, Katie Marion, Alfredo Garcia, Brian Hoberman, Andrea Casertano, Joe Candelaria, Rhonda C. Wittorf, & Ed Ravin.

* MONTAUK CENTURY: The Board approved a draft budget for the Montauk Century, and authorized the President to contract with either of two candidates being considered to run the Montauk Century on behalf of the Club.

HIGHLIGHTS OF THE FEBRUARY 6, 2009 BOARD MEETING

Meeting held at the Downtown Alliance Business Improvement District (BID)

Present:

John T. Chiarella, Robert Eberwein, Andrea Casertano, Rhonda C. Wittorf, Bob Castro, Sharon Behnke, Barry Hartglass, Katie Marion, Ed Ravin, Brian Hoberman, Danny Lieberman, Leila Rinehart, Stephen Jackel and Joe Candelaria.

* COORDINATOR REPORTS

Outreach: Leila Rinehart. Discussed upcoming advertising initiatives.

Bike Repair: Stephen Jackel. Discussed upcoming ride classes, bike packing class and mechanical repair classes.

Day Trips: Andrea Casertano. Announced posting of Montauk Series Rides and requested that Leaders submit more "Happy Face" rides.

Montauk Coordinators: Joseph Candelaria and Robert Eberwein. Discussed progress with Long Island Railroad coordination and candidate hiring of the 2009 Montauk Century Event Contractor.

Leadership Coordinator: Katie Marion. 1) Discussed initiatives, going forward, RE: a) The development of a more quantifiable method for evaluating Ride Leaders in future Leadership programs. b) The reactivation of inactive Ride Leaders 2) Announced the 2009 Leadership Training Schedule. 3) Requested that Ride Leaders turn in any outstanding sign in sheets.

Corresponding Secretary: Brian Hoberman. Stated his intention to look into, and report upon the updating of the club's 2009 Montauk Century web pages.

HIGHLIGHTS OF THE MARCH 9, 2009 BOARD MEETING

Meeting held at the Downtown Alliance Business Improvement District (BID)

Present:

John T. Chiarella, Joe Candelaria, Robert Eberwein, Brian Hoberman, Leila Rinehart, Alfredo Garcia, Robert Castro, Barry Hartglass, Sharon Behnke, Katie Marion, Ed Ravin and Rhonda C. Wittorf.

* The Board voted to participate as a member organization in "The Campaign for New York's Future."

COORDINATOR REPORTS

Communications: Brian Hoberman. Discusses Montauk and Weekend Trips promotions; Twitter and Facebook efficacy.

Newsletter: Alfredo Garcia. The Newsletter's print edition (March April issue) was mailed in the last week of February.

Programs: Barry Hartglass. May Program (date tba) will be a Tour of Governor's Island. June program will include Nassau County District Attorney, Kathleen M. Rice, (location tba).

Leadership: Katie Marion. Discusses plans for scheduling and venues for Leadership Training and Leadership Weekend.

Montauk: Joe Candelaria. Discusses progress in mounting the 5BBC Montauk Century event. Time line, status of venues, merchandising, subscriptions, administration, coordination with contractor Susan Rodetis. Stresses the need for more volunteers. Sharon Behnke is the volunteer coordinator.

HIGHLIGHTS OF THE APRIL 6, 2009 BOARD MEETING

Meeting held at the Downtown Alliance Business Improvement District (BID)

Present:

John T. Chiarella, Barry Hartglass, Brian Hoberman, Leila Rinehart, Fred Dieckamp, Andrea Casertano, Ed Ravin, Sharon Behnke, Rhonda C. Wittorf and Bob Castro.

Ellen Cavanaugh of the Governor's Island Foundation gives a video presentation about Governor's Island.

COORDINATOR REPORTS

Day Trips: Andrea Casertano. Schedule filling out. Discussed upcoming rides.

Weekend Trips: Fred Dieckamp. Weekend Trips brochure ready for printing. Washington DC Trip had 11 trippers + 2 on Saturday and was a success. Recommends that this trip be repeated. Upcoming trips include: Penn Dutch Treat and Cape Cod.

Communications: Leila Rinehart. Making progress towards January goals. Tabling for Bike New York is coming along. Need to reprint "Join Us" brochures.

Corresponding: Brian Hoberman. Discussed membership renewal initiative's progress. Member update deadline is early Wed. afternoon.

Programs: Barry Hartglass. Discussed upcoming programs. No programs in May as the NYC Bike calendar is too crowded.

COMMITTEE REPORTS

Parade Rules Lawsuit Committee: Ed Ravin. Discussed progress on the Club's law suit. Trial begins on May 15, 2009. Attendance by club members is encouraged.

HIGHLIGHTS OF THE MAY 11, 2009 BOARD MEETING

Meeting held at the home of Brian Hoberman

Present:

John T. Chiarella, Ed Ravin, Andrea Casertano, Stephen Jackel, Danny Lieberman, Barry Hartglass, Brian Hoberman, Sharon Behnke, Katherine Marion, Bob Castro, Alfredo Garcia. Leila Rinehart and Joe Candelaria via remote site telephone linkup.

COORDINATOR REPORTS

Montauk: Joseph Candelaria. Outlines the progress of the preparations for the 2009 Montauk, including sign ups, "this year vs last year" numbers, the need for more volunteers, progress with permits, interaction with the Contractor, etc

Day Trips: Andrea Casertano. Day Trip schedule is good until June, 2009. Reports progress with scheduling future rides.

Corresponding Secretary: Brian Hoberman. Discussed membership renewals and their relationship to last year's figures. Discussed plans for a membership renewal mailing.

Newsletter: Alfredo Garcia. May June 2009 print issue went out last week of April were printed with an additional 100 for Montauk participants.

Treasurer: Bob Castro. States Montauk, 2009 is in good shape financially.

Bike Repair Course: Stephen Jackel. Describes the 5BBC bike course given two Saturdays ago. Also states that it was a great success with 30 attendees. Announces next Bike Course event will be at Recycle-A-Bicycle facilities in Long Island City, NY.

Leadership: Katherine Marion. Van Certification Course will be held on either May 30, 2009 or on June 13, 2009. Stated Leadership Refresher Training Course is behind schedule and is planned for the end of June. Ms. Marion thanked Bob Castro for his assistance in updating the Leadership Manual.

Programs: Barry Hartglass. Nassau District Attorney Kathleen Rice will be the Club's guest speaker at Judson Hall, in Greenwich Village on June 15, 2009

Communications: Leila Rinehart. Stated that the tabling at the Bike NY Five Boro Bike Tour event went well despite the rain. Half page flyers will be ready soon, as will the next run of 5 BBC business cards...all in time for NYC Summer Streets.

Highlights based on compiled notes by Recording Secretary John T. Chiarella, from the January 5 to May 11 5BBC Executive Board meetings.

5BBC General Meeting, June 15, 2009

Held at Judson Memorial Church, New York, NY. 18 attendees



Guest Speaker - Kathleen Rice, Nassau County District Attorney, above.

DA Rice started out describing her successful election campaign, where she ran against a long-term incumbent.

One of the hallmarks of her administration has been the aggressive prosecution of drunk drivers and other roadway-related crime.

She showed a refreshing viewpoint that roadway crashes were not "accidents" and described many cases her office had prosecuted that might have been ignored in other districts.

One example was a cyclist who had been hit by an unlicensed driver - even though there

were no injuries, the DA's "vehicular crime unit" convicted the driver, who served jail time.

DA Rice emphasized that a car was a deadly weapon and that many changes were needed at the local and state levels to make motorists accountable for their behavior.

She cited the New York State Dept. of Motor Vehicles (DMV) as an example, saying driver's education was weak ("We put the keys of a deadly weapon into a 17 year-old kid's hands") and that the DMV gave out conditional licenses (that only allow a driver to drive to work or other limited purposes) to drivers whose licenses were suspended without checking with local authorities.

In a case she described, a driver convicted of DWI lost his license, but obtained a conditional license from the DMV and subsequently crashed into and killed a Suffolk police officer while driving drunk again.

DA Rice's comments on the need for accountability for motorists and the problem with societal apathy to drunk and dangerous driving were.

Editor's note: Ms. Rice was recently seen on CBS News' "60 Minutes" program.

From the CBS News website: "Drunk driving kills more than 13,000 Americans a year - that's one every 39 minutes. Authorities call it an epidemic. They say that despite all the publicity, all the education campaigns, and all the advertising over the past decade, the number of drunk-driving fatalities has not gone down.

As 60 Minutes correspondent Bob Simon reported earlier this year, one of these pioneers is Kathleen Rice, district attorney of Nassau County, New York. She believes that if you want to stop drunk driving, you have to treat it as a serious crime with serious jail time."

Ms. Rice makes this very clear:

"And I can guarantee you one thing, that if you make the decision to drink and drive one of two things are going to happen. You're either going to end up dead or you're going to end up going to prison for a long, long time."

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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/

Thanks,
Peter O'Reilly
New York Cycle Club

Tel: 917.699.7193
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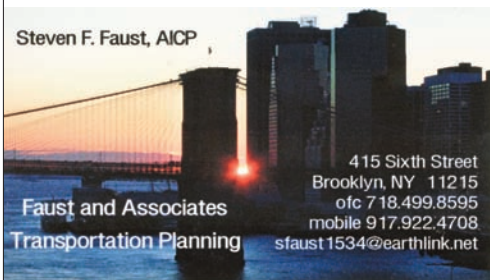


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Friday Night Kripalu Yoga!

Kripalu yoga encourages self-compassion, a flowing breath, and being present in the body as you choose your level of physical intensity. Both beginners & experienced students are invited to an evening of movement and inspiration.

Breathe, Relax, Feel, Watch, & Allow

Mats available, but bring a towel to keep them clean. Wear or bring loose, comfortable clothing. \$15 per class, or \$80 for six.

Where: 122 East 25th St. (Essential Therapy, bet. Park & Lex)
When: Friday nights, 6:30-8:00 PM
Info: 212-591-1213 or www.nykripalu.org

Bike Events on Tap



Golden Apple Century
Westchester Cycle Club
Sun. 6 Sept. 2009
www.westchestercycleclub.org



Henry Hudson Ride
Sat. 12 Sept. 2009
www.bikenewyork.org



Escape New York
New York Cycle Club
Sat. 26 Sept. 2009
www.nycc.org



Change A Life Bike Hike
Sun. 4 Oct. 2009
www.chinapediatrics.org



Pumpkin Patch Pedal
Staten Island Bicycling Association
Sun. 4 Oct. 2009
www.sibike.org



Tour de Force 9/11
11-14 Sept. 2009
Boston, CT & NYC
www.tourdeforceny.com



Bike New York
Twin Lights
Sat. Sept. 26 2009
www.bikenewyork.org



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



Rosarito-Ensenada Ride
Mexico
Sat. 26 Sept. 2009
www.rosaritoensenada.org



Honolulu Century
Hawaii Bicycling League
Sun. 27 Sept. 2009
www.hbl.org



MS NYC Ride
Sun. 4 Oct. 2009
bikenyn.nationalmssociety.org



Tour de Bronx
Transportation Alternatives
Sun. 18 Oct. 2009
www.tourdebronx.org

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

Become a 5BBC Leader This Fall



Do you enjoy interacting with people, exploring and creating new bike routes, promoting bicycling to all levels of riders and want a great way to give back to the club and the bicycling community? Then becoming a 5BBC Bike Leader is for you.

The 5BBC Leadership course will teach you how to organize and run both day and weekend trips. You'll learn map reading, ride planning cycling safety, group dynamics and decision-making and develop your leadership style, as well as many other aspects that go into making you a bike leader.

The course, taught by experienced 5BBC leaders, combines classroom instruction with practical riding experience. You don't have to be an strong or fast rider or bicycle repair guru 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.)

Our next Leadership Training Course will begin the first week of September 2009. Tentative evening course dates are: September 2, 9, 16, 23 and 30 from 6:30 pm to 9:30 pm. Day Trips are tentatively scheduled for: September 13, 20 and 26. The weekend is scheduled to depart NYC on Friday evening October 2 and return Sunday evening October 4. We ask that you attend at least four of the evening courses and two of the day rides. The weekend trip is required to complete the course.

For more information:

- Contact Katie at 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.

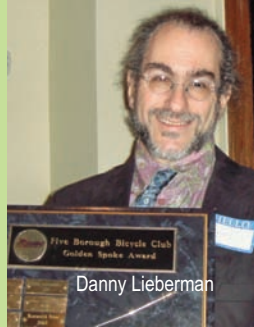
Become a 5BBC Leader, Join the Ranks



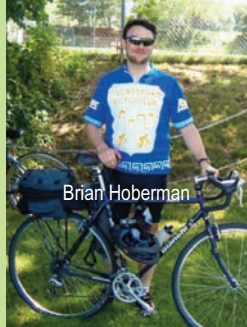
Ira Najowitz



Manny Sanudo



Danny Lieberman



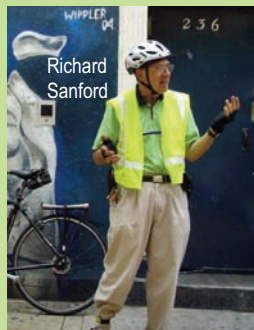
Brian Hoberman



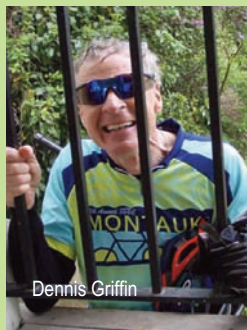
Andrea Mercado



Phil Goldberg



Richard Sanford



Dennis Griffin



Phil O'Reilly



Ed Ravin & Ed DeFreitas

On the Road with 5BBC Leaders



Susan Rodetis



Terry Chin. Photo by Arabelle Taggart.



Jesse Brown



Jim Zisfein



Wentworth Price & Steve Sakson. Photo by Andrea Casertano.

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.....\$ _____

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The Sensual Cyclist, via West Side Greenway, Manhattan. Photo by Alfredo Garcia.



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About the Five Borough Bicycle Club

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

Executive Board Meetings, which are open to club members who have contacted the club President or Vice President prior to the meeting, are usually held on the first Monday of each month.

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 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. Please limit articles to 300 words. Classified ads are free to members.

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

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

Monday 5 October 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 or phone number at this time.

E-Mail: info@5bbc.org

For Bike New York, call directly:
 (212) 932-BIKE

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



Join our 5BBC groups on Facebook and Twitter.