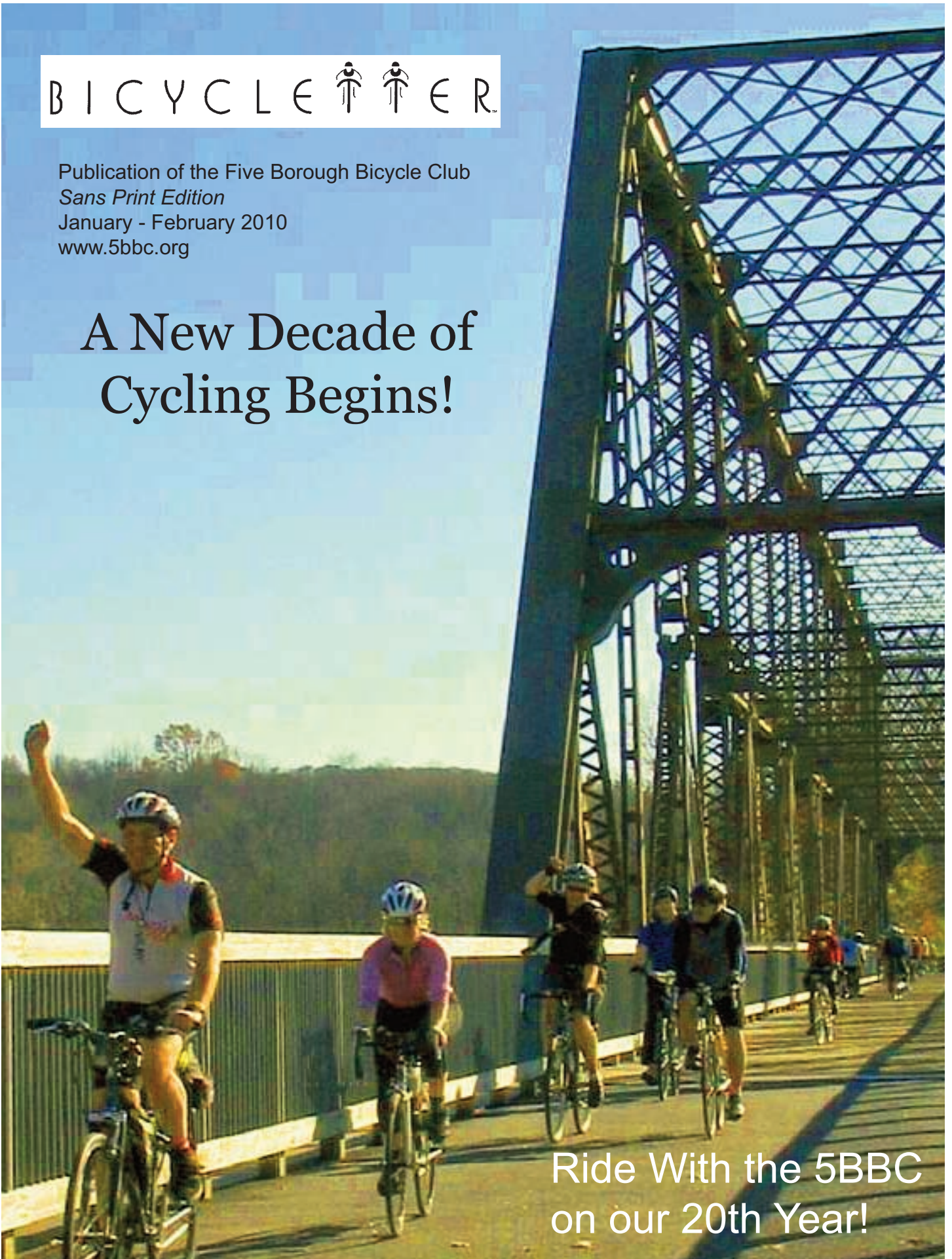


BICYCLER

Publication of the Five Borough Bicycle Club
Sans Print Edition
January - February 2010
www.5bbc.org

A New Decade of Cycling Begins!

Ride With the 5BBC
on our 20th Year!





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Don't Worry, Be Happy ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

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

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

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

Bicycle Helmet Standards

“Snell” refers to bike helmet standards set by the Snell Foundation, founded in 1957. The



organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell

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

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

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

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

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

Cover: James Zisfein leads the Croton Reservoir Triple Cross ride, Nov. 8, 2009. Photo by Richard Brause. Above: The “Diamond” road helmet by Louis Garneau.

Monday Jan. 11, 2010, 6:30 PM

EXERCISE AND THE HEART

Hosteling International-American Youth Hostel building
891 Amsterdam Ave, b/w 103rd & 104th Sts., Manhattan.
Subway: 1 to 103rd St.



The holiday season is over and hopefully no one has over indulged in food or drink? What better time than the off season, I know the riding season is never over, than to assess one's fitness and to get ready for the warmer weather.

*We are pleased that our first speaker will be **Merle Myerson, M.D. Ed.D, F.A.C.C.** Dr. Myerson is the Director of the Pre-Sports Participation Heart Screening Program as well as the Cardiovascular Disease Prevention Program at St Lukes and Roosevelt Hospitals. She has also worked with many clubs such as ours - Please see the following web site for more background info:*

www.wehealny.org/services/slr_cardioprevention/staff.html.

Dr. Myerson will speak about exercise and the heart, risk factors for stroke and heart attack and what may cause sudden death during exercise and athletic competition. She is an avid runner and cyclist and has competed in cycling road races, time trials and criteriums in the late 1980's.

We will also be hearing from some of the 5BBC's coordinators as to what is being planned for The 2010 Season!

Please join us for healthy refreshments at The American Youth Hostel Building - 891 Amsterdam Avenue in Manhattan at 103rd Street in The Board Room, for this most informative presentation.

Monday Feb. 8, 2010, 7:00 PM

WINTER CLEARANCE SALE AT BICYCLE HABITAT

Bicycle Habitat, 244 Lafayette St. (Spring & Prince Sts.),
Manhattan. Subways: W R to Prince St, 6 to Spring St.
Phone 212-431-3315, Web www.bicyclehabitat.com



Charlie McCorkell and his associates will once again for the fourth year, host us!

This is an exclusive 5BBC happening for members and their invited guests. Store inventory merchandise will be on Sale in excess of the ordinary 5BBC Club Discount for that evening. You will have the opportunity to ask questions of the best crew of Bike Techs in the city. After Hours is obviously a great to time to speak with Habitats Staff in a relaxed, social and informational setting.

Charlie is a fixture of the NYC Bicycle community and has been a great supporter of the Club including our Montauk Century.

"Rumor" has it that he has taken over additional space a few store fronts down that will be ready in Early 2010. While he is still "working" the theme, I understand that part of his vision will focus on Commuter Bicycling, as always Charlie is a head of the "curve" on this one. Bike Commuting is increasing in NYC!

We hope to see you at the program and as in the past many treats and surprises will be offered!.. Light Refreshments to be served!

Barry Hartglass, Programs Coordinator

Bicycletter January-February 2010

TABLE OF CONTENTS

- 3 - General Meetings
- 4-7 - Day Trips
- 8 - NYBC News; Tappan Zee
- 9-12 - 5BBC Holiday Party
- 13 - Ghost Bikes
- 14 - Macy's Thanksgiving Parade; Maya Pedal
- 15 - 5BBC Kids; Urban Mobility Bikes in Buildings
- 16 - Ads & Bike Events
- 17 - On The Record
- 19 - Bike Shop Discount List

Contributors:

Barry Hartglass, Bob Castro, Dan Bach, Dennis Griffin, Danny Lieberman, Ed Pino, Ed Ravin, John Slasky, Lynette Chiang, Phil Goldberg, Richard Brause, Sharon Behnke, Steve Sakson, Susan Rodetis plus others.

Sunday, May 16, 2010

SAVE THE DATE FOR our 46th

5BBC Montauk Century!



Join us and ride 62, 100 or the full 140 miles to Montauk riding your bike.

Details & registration will be up soon in January on our web: www.5bbc.org/Montauk

Helpful riding and non-riding volunteers welcomed!

**RENEW your 5BBC
membership for 2010!
Thanks!**



5BBC Leaders--Come to the Weekend Trips meeting, Sat. Jan. 9, 2010, 11:30 AM, at Ground Support restaurant, 399 West Broadway, near Spring St. Help plan our new schedule of exciting weekend trips!

Fred Dieckamp, Weekend Trips weekends@5bbc.org

5BBC Day Trips January-February 2010

5BBC Rides Meeting Places

Note: W runs weekdays

Bridgemarket

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

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.

George Washington Bridge (GWB)

Bus Terminal

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

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

South Ferry

Bike wait 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.

Statue of Civic Virtue

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

White Plains Rd. & Pelham

Parkway (Southeast corner), Bronx. Subway: 2 to Pelham Parkway.

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



And Many Thanks to Our 2009 RIDE LEADERS

RIDE LEADER	TRIPS LED		
	DAY	WKND	TOTAL
Balzer, Dave	1		1
Baum, Liz	9		9
Bauman, Steve	4		4
Bekkerman, Marina	2		2
Brause, Richard	4		4
Brown, Jesse	21		21
Casertano, Andrea	7		7
Castro, Bob	8		8
Chiarella, John	1		1
Chin, Terry	18		18
Clarke, Maggie	3		3
DeFreitas, Ed	33		33
Dieckamp, Fred	2	2	4
Ebert, Debbie	1		1
Ebenwein, Bob	1		1
Finton, Dan	5		5
Garcia, Alfredo	7		7
Goldberg, Phil	1		1
Greenberg, Caryn	1		1
Griffin, Dennis	16		16
Henrys, Martial		1	1
Hoberman, Brian	12	2	14
Horowitz, Randy	3		3
Hudes, Dana	7		7
Hutter, Trudy	1		1
Jackal, Stephen	3		3
Kalz, Beth	2		2
Kushner, Ted	2	1	3
Lancaster, Purnell	1		1
Levine, Susan	3	1	4
Lieberman, Danny	4		4
Mercado, Andrea	3	1	4
Millard, Rodney	10		10
Moore, Tod	1		1
Najowitz, Ira	11	1	12
O'Reilly, Phil	2		2
Pino, Ed	9		9
Price, Wentworth	1	2	3
Ravin, Edward	8		8
Rodelis, Susan	7		7
Sanford, Richard	7		7
Salkson, Steve	1	2	3
Sandoz, Manny	4	2	6
Vasquez, Cesar	1		1
Weissman, Neite	1		1
Williams, Ken	4		4
Wittorf, Rhonda	4		4
Zisfee, Jim	15	1	16
TOTAL	276	16	292

Want to be on the list next year?
See Katie.....

Poster proudly displayed at the 5BBC Holiday party showing the number of bike rides our leaders led for 2009. Thanks to those who took the initiative in leading day & weekend trips. Photo by Alfredo Garcia.

Sunday, January 3, 2009 ANNUAL MEMORIAL RIDE TO FALLEN CYCLISTS 15-30 miles (multiple starting points)

Honor the memories of cyclists killed in NYC traffic during 2009 by visiting the street memorials (white-painted bikes known as "ghost bikes") installed by NYC bicycling activists. Sponsored by the NYC Street Memorial Project and supported by many other NYC-area bicycling groups, including 5BBC. For the full schedule, & for last-minute updates, visit www.ghostbikes.org

5BBC MEMORIAL RIDE FEEDER 10 AM, City Hall

Start your day with an hour or so of somber cycling before meeting up with the Memorial Ride at their first stop in Queens. Bring money for lunch and a lightweight lock. Leaders: Ed DeFreitas and TBA

Saturday, January 9, 2010 BROOKLYN RESIDENTIAL TOUR 10:30 AM, Prospect Park, Picnic House, 15 Miles

We'll explore some of the quieter sections of Brooklyn. Ride through Borough Park, Bay Ridge, Sunset Park and others. Bring lock, snacks and money for lunch. NOTE: temperatures below 32 degrees or significant snow or rain cancels ride. Leaders: Terry Chin & TBA

Sunday, January 10, 2010 NEW YORK BOTANICAL GARDEN FROSTBITE RIDE #5

10:00 AM, City Hall, 30 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. See www.nybg.org for internet info. Bring a digital camera, lock, money for lunch and \$3 admission. Leaders Ed DeFreitas & TBA

Saturday, January 16, 2010 WINTER'S RIDE TO FILLMORE'S 10:00 AM, Statue of Civic Virtue, Queens Blvd and Union Turnpike.

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the Borough of Queens. We will circle the globe and eat in a pub like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10.00, for a real lunch- Bring bike lock, restaurant is bike friendly, and a good attitude.

Sunday, January 17, 2010 WESTCHESTER WINTER SERIES #1 - QUICK SPIN 8:30 AM, White Plains Road & Pelham Parkway, Bronx, 40 miles

Keep your motor running during the cold weather! Take a quick-spin (15 mph pace) ride through the scenic hills and valleys of Westchester County. Bring MTA rail pass and lunch money. This is a quick-spin ride -no point/drop/sweep. Leaders: Jesse Brown and Rodney Millard

Sunday, January 17, 2010 GARIBALDI / ALICE AUSTIN - FROSTBITE SERIES #7

9:45 AM, City Hall (or 10:15 South Ferry, or 11 AM St. George), 30 miles
Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at

Alice's Restaurant-oops wrong song-it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders: Ed DeFreitas & TBA.



Saturday, January 23, 2010
"JUNK" MILES MADE GOOD - QUICK SPIN

9 AM, Bridgemarket. 30 miles (40 miles if temperature is above 32 degrees)

Quick spin pace (15 mph on flats, limited point/drop/sweep). We'll attempt to solve the difficulty of getting to eastern Queens from Manhattan in a safe, orderly way, without using Queens Boulevard. Maspeth, Middle Village, to Kew Gardens and beyond will be our goal. We'll add a few miles if weather & roadway conditions permit. Bring MTA permit and lunch money. Consult 5BBC Bulletin Board on day before for ride updates. Leaders: Dennis Griffin & TBA

☺ NY SCHOOL OF DOG GROOMING RIDE

12:30 PM, Prospect Park, Grand Army Plaza, 20 leisurely miles

Learn about the world of dog grooming - when times are ruff, you'll still find a grin on their faces. Maybe you've been barking up the wrong tree and now's your chance to look at a new endeavor, or simply reconnect with man and woman's best friend. Please get a bite to eat prior to joining this unique ride, as we will stop for a late afternoon lunch at a local eatery around 3:00 P.M. Bring lock and lunch money. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and Bob Castro.

Sunday, January 24, 2010
WESTCHESTER WINTER SERIES #2 - QUICK SPIN

8:30 AM, White Plains Road & Pelham Parkway, Bronx. 40 miles.

See January 17 listing for details. Leaders: Jesse Brown and Rodney Millard

Sunday, January 24, 2010

UNCLE GEORGE'S - FROSTBITE RIDE #8

10 AM, City Hall, Manhattan, 30 miles
 Ride into Queens and feast on Greek cuisine in Astoria. We'll have excursions to Socrates Sculpture Park and other waterfront delights on the east channel of the East River. Maybe an aerial ride back to Manhattan. Bring lock & \$ for lunch. Leaders: Ed DeFreitas & TBA.

Saturday, January 30, 2010
RIVER ROAD IN WINTER
10:00 AM, GWB Bus Terminal (Ft Washington Ave & W 178th St), 30 hilly miles

The leaves may be gone, but the beauty of Henry Hudson Drive ("River Road") remains. In the winter you can enjoy unobstructed views of the cliffs and across the Hudson River. Best of all, most of the road will be closed to cars. Lunch and hot chocolate at State Line Lookout Inn. Bring or buy lunch, and bring a lightweight lock. Leaders: Jim Zisfein and Fred Dieckamp

Sunday, January 31, 2010
WESTCHESTER WINTER SERIES #3 - QUICK SPIN

8:30 AM, White Plains Road & Pelham Parkway, Bronx, 40 miles

See January 17 listing for details. Leaders: Jesse Brown and Rodney Millard

FLAT ROCK NATURE PRESERVE - FROSTBITE RIDE #9

10 AM, City Hall, 30 miles

This privately owned park/preserve lets us bike to



5BBC Leader Robert Eberwein

was awarded the first Jam5es Langergaard Spirit of Cycling Award as Transportation Alternative's volunteer of the year, Dec. 3, 2009. Congratulations, Robert!



Unusual cycle clothing by the numbers--ElevenGear puts out this Race Number Windbreaker. If you have lots of numbered bibs from bike events or races (e.g. Bike New York, some Montauk Century, MS-NYC, etc.) they can put them on this jacket. If you don't have enough numbers, they can provide them. This garment is not cheap--it's custom make and sells for \$233, available in 7 sizes. For more info, visit www.elevengear.com



To Those Celebrating Chinese (Lunar) New Year on Feb. 14, 2010, best wishes and Xin Nian Kuai Le in the Year of the Tiger!



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; Members, check weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets cold and dark sooner, it's very important to: **Dress in warm, layers, which can be re-moved when needed and wear a cap under helmet.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from cracking. Drink **Water** to stay hydrated. Thank you.



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 communique mailed to our members in the Age of the 21st Century Internet.



On Mon. Dec. 21, 2009, the print edition of the Bicycletter was prepared for mailing by Eliana Hecht, Leila Rinehart, Mary McNulty, Phil Goldberg & 5BBC President Sharon Behnke, who graciously hosted the mailing at her business office in Manhattan.

their Nature Center & hike on their trails. Lunch at a pond but probably indoors. Leaders: Ed DeFreitas and TBA

**Saturday, February 6, 2010
GALLIVANTING IN GREAT NECK
10:00 AM, Cunningham Park, 30 miles**

Are you and your bike hibernating this winter? Dust off your two-wheeled chariot and get back on the road! This is a moderately-paced, scenic ride (with some hills) through the Gold Coast towns of Great Neck and Kings Point. On our way back, we'll enjoy nice views of Little Neck Bay from Douglas Manor and the Joe Michaels Mile bike path. Bring a lock and \$ for lunch at a warm and cozy diner. NOTE: Temperature below 32 degrees one hour before the start or any ice or snow on the road cancels. Leaders: Ira Najowitz, Ron Sexton.

**Sunday, February 7, 2010
WESTCHESTER WINTER SERIES #4
- QUICK SPIN**

8:30 AM, White Plains Road & Pelham Parkway, Bronx. 40 miles
See January 17 listing for details. Leaders: Jesse Brown and Rodney Millard

**CONEY ISLAND DREAMING
- FROSTBITE RIDE #10
10 AM, City Hall. 30 miles**

To the Borough of Churches we will go - serene waterfronts of the Verrazano and Coney Island, lunch at Tototno's, renowned for prized pizza. Did you know pizza was first developed by the ancient Greeks, and that we consume nearly 4 acres of it every day? Bring lock, lunch money, your camera, and a couple of extra napkins. Leaders: Ed DeFreitas and TBA

**Saturday, February 13, 2009
A MEDITOCRE RIDE FOR A
MEDITOCRE PRESIDENT
10 AM, Statue of Virtue Queens Blvd
and Union Turnpike**

Join Ed & Liz on our ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the Borough of Queens. We will circle the globe and eat in a pub-like atmosphere at a bike-friendly restaurant. Come along on a warm winter journey! Bring \$10 for lunch and a bike lock. Leaders: Ed Pino and Liz Baum.

**Sunday, February 14, 2010
WESTCHESTER WINTER SERIES #5
- QUICK SPIN
8:30 AM, White Plains Road & Pelham Parkway, 40 miles**

See January 17 listing for details. Leaders: Jesse Brown and Rodney Millard

**INDUSTRIAL-STRENGTH
VALENTINE RIDE**

10 AM, South Ferry- Staten Island Ferry Terminal, bicycle waiting area, 45 miles

Of course there's an IKEA in Brooklyn but the route to IKEA in Elizabeth, NJ, is much more interesting; also, more challenging. Apart from the Bayonne Bridge, the ride is pancake-flat. Pavement varies from good to excellent but the route does include some railroad grade crossings and a 1.8-mile stretch of Truck Routes 1 & 9 with two drawbridges that have steel-grid decks. We'll bike for miles through the austere industrial landscape of Newark's and Elizabeth's ports. Lunch is at IKEA's cafeteria, which serves a limited but inexpensive menu. Return may be via PATH or ferry - bring carfare. Bring lock, lunch \$. Leaders: Richard Brause and Alfredo Garcia

**QUADRUPLE BYPASS
- FROSTBITE RIDE #11
10 AM, City Hall, 20 miles**

Want to do hills but not get too far from the East River? Here's your chance! We'll zig-zag over the Brooklyn, Manhattan, Williamsburg and Queensborough bridges, finishing up at a bike friendly pizza place. Possible museum stop in LIC. Leaders: Ed DeFreitas and TBA

**Saturday, February 20, 2010
☺ BLOWN AWAY GLASS
BLOWING RIDE
10:30 AM, City Hall,
15-25 leisurely miles**

Think of it as a 2000 degree melting popsicle, drooping from the end of a big stick. That's the feel you get when you watch a glass blower turn this glob of curiosity into an amazing creation. Join us for this "red hot" Brooklyn ride where imagination comes alive and design mixes with chic and street. Bring lock and lunch money. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and Andrea Casertano.

**Sunday, February 21, 2010
WESTCHESTER WINTER SERIES #6
- QUICK SPIN
8:30 AM, White Plains Road & Pelham Parkway, Bronx. 40 miles**

See January 17 listing for details. Leaders: Jesse Brown and Rodney Millard

**SHEEPHEAD BAY AND BEYOND
- FROSTBITE RIDE #12
10 AM, City Hall, 30 miles**

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway

greenway, and get a glimpse of the Atlantic Ocean. Bring lock, \$ for lunch and a camera. Leaders: Ed DeFreitas and TBA

**Saturday, February 27, 2010
BROOKLYN RESIDENTIAL TOUR
10:30 AM, Prospect Park Picnic House,
20 miles**

We'll explore some of the quieter sections of Brooklyn. Ride through Sheepshead Bay, Coney Island, Bay Ridge, others. Bring lock, snacks and money for lunch. 20 miles. NOTE: Temperature below 32 degrees one hour before start or any ice or snow on roads cancels. Leaders: Terry Chin & TBA.

**Sunday, February 28, 2010
WESTCHESTER WINTER SERIES #7
- QUICK SPIN
8:30 AM, White Plains Road & Pelham
Parkway, Bronx. 40 miles**

See January 17 listing for details.
Leaders: Jesse Brown and Rodney Millard

**Sunday February 28, 2010
PANCAKE RIDE
-FROSTBITE RIDE #13
9:45 AM, City Hall, Manhattan (or 10:15
South Ferry & 11 AM St. George), 30
miles**

Celebrate the end of the Frostbite series with a warm and delicious lunch at Bayonne's Broadway Diner. Journey further to Liberty State Park, with a tribute on the Liberation Monument. Ferry or PATH return - bring carfare, lock, and lunch money. Leaders: Ed DeFreitas and TBA

**PLEASE
RENEW
YOUR 5BBC
MEMBERSHIP**



**Scenes from the Staten Island
Cyclocross Races, Sun. Nov. 29,
2009, from a tie-in ride led by
Susan Rodetis & Dennis Griffin
Photos by John Slasky**



On the Sunday after Thanksgiving, Staten Island CX holds annual cyclocross races on Staten Island at Wolf's Pond Park. Cyclocross competitors race laps of 1-2 miles on varied terrain, from paved to off-road, sometimes run and carry with their bikes over obstacles. They ride bikes that have road (frames, handlebars) and mountain bike (knobby tires) characteristics. For more information, visit the SICX web at <http://statencx.wordpress.com/>

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/nycct/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

New York Bicycling Coalition News



Startling News from the World of Science: Walking and Cycling are Good for You

"Pedestrians and cyclists should be made king of the urban jungle, according to an international study showing the big benefits of "mass active travel."

It suggests money should be diverted way from roads to make walking and cycling "the most direct, convenient, and pleasant options for most urban trips." Pedestrians and bikers should also get "priority" over cars and trucks at intersections.

Source: Montreal Gazette article <http://tinyurl.com/yckf9hx>

Dangerous by Design

Dangerous by Design, the new report on pedestrian safety from Transportation for America and the Surface Transportation Policy Project, finds that 'incomplete' streets are a major culprit in the deaths of thousands of Americans every year. More than 40% of pedestrian fatalities in 2007 and 2008 occurred where no crosswalk was available. The report also calls attention to the low levels of investment of federal funds in pedestrian and bicycle infrastructure - less than 1.5 percent of federal transportation dollars over the last few years.

View complete rankings and download the full report at: <http://tinyurl.com/yhhoxg9>

CRCA Wins USA Cycling Club of the Year

USA Cycling announced December 18th that the New York City-based Century Road Club Association is the 2009 Division I Club of the Year. According to USA Cycling, "clubs were judged on several key areas including race promotion, membership composition, instructional clinics and seminars, club activities, charitable contributions, and racing performance."

The New York Bicycling Coalition is on the web at:

www.nybc.net

A New Tappan Zee Bridge--Will It Have Access for Pedestrians & Cyclists? Let's Speak Up!



Hi all,

The New York State Department of Transportation (NYS DOT) gave a nice update as to where the Tappan Zee Bridge planning process stands last night at a meeting in Nyack. Unfortunately, NYS DOT officials stated that the two pathway option (a bike/walking pathway on both the north and south sides of the bridge) has NOT yet been fully committed to. NYS DOT officials also aren't convinced that the bridge will have heavy bicycle commuter usage. Judging from the 1,000 person petition which was signed with comments by many of you this summer we feel otherwise. This bridge will receive heavy commuter usage by bicycle's and we also saw an overwhelming response from you which wanted pathways on both sides (north and south) of the bridge.

Having pathways on both sides is essential. Having one path would lead to a host of problems. One being closures: whenever there is maintenance or an emergency situation on the bridge it will be necessary to close a pathway down for some time. Now this is no problem if you have the option of another path. But if there is only one path bicycles and pedestrians would be totally cut off from crossing the bridge. Imagine if the GW Bridge only had a path on one side of the bridge!

Having a path on one side also greatly limits your landing options in Tarrytown and Nyack. With two pathways; (one on both the north and south side) the terminus or landings will increase to 4 distinct points instead of only two landing points one pathway would lead to. Having 4 landings greatly enhances the flexibility of where landings are placed

and gives users four access points to the bridge instead of only two.

NYS DOT is looking for comments and input. Please email comments to NYS DOT project manager, Michael Anderson at tzbsite@dot.state.ny.us. Please tell NYS DOT why you feel commuters will use this bridge or if you personally will use this bridge as a commuter. Please also reiterate the necessity of having two pathways; one on both the north and south sides of the bridge. We have the opportunity to make the new Tappan Zee Bridge a world class facility. Don't let this opportunity pass us by! Please email your comments to them and let your voice be heard.

Michael Oliva
Co-Founder- Bike Walk Alliance of Westchester & Putnam



So Far Far Away--Lynette Chiang with Bike Friday near floating torii gate, Itsukushima Shrine, Miyajima, Japan



Scenes From the 5BBC Holiday Party

Saturday, Dec. 5, 2009 - Woolworth Tower Kitchen, NYC



Marina Bekkerman, Gail Green, Rick Anderson & Liz Baum (1)
Lynette Chiang shines in Singaporean *cheongsam* dress (2)
Gleaming center of attention--Andrea Mercado (2)

John Slaski & Dennis Griffin (1)
Dapper Ed Pino (3)
See entertaining YouTube video clip (1)--
Click on Phil O'Reilly's photo, right or visit
<http://tinyurl.com/ydhhh5c>



On the bike we go on 5BBC rides to explore & have good times. Off the bike we go to the 5BBC holiday party to enjoy ourselves & also have good times.



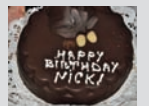
Ed Zabski and sweetheart at the bar (1)
 Emily and Ted Kushner selling raffle tickets for prizes (1)
 Joe Candelaria was awarded Rookie of the Year honors for his role as 2009 Montauk Coordinator; also given lifetime membership (4)

Mary Martinez, Phil Goldberg, Lerida O'Reilly, and Elly Spangenberg (1)
 Danny Lieberman & Maggie (4)
 Mary O'Neill and Eliana Hecht (1)



Bob Castro, Brian Hoberman and Ken Coughlin (4)
 Kathryn Baur and Andrea Casertano (2)
 Barry Hartglass, Martial Henrys, Sharon Behnke, Beth Katz
 and Bobby Bagomolny (4)

Leila Rhinehart and Fred Dieckamp (4)
 Nick Asadourian, Rhonda Wittorf and Deborah Lehrer (3)
 Stephanie with Jose Cosme (4)
 Nick Asadourian's birthday cake by
 Deborah Lehrer (3)





Peter Morales with prizes to be raffled (4)
 Edwin Bell accepts 5BBC donation for Pathfinders (3)
 For better: Phil and Lerida O'Reilly (4)

Ben and Jim Zisfein (3)
 Noah Budnick accepts 5BBC donation for Transportation Alternatives (1)
 Jesse Brown, center, wins a prize, from Janet, left (1)

Fifth Annual Memorial Ride & Walk, Sun. Jan. 3, 2010, 10AM

The Fifth Annual Memorial Ride will be one ride, which will converge with the Memorial Walk and proceed together to a gathering of riders, walkers, family and friends.



Scheduled meetups and stops are subject to change:

Manhattan:

- 10:00AM meet @ West 145th St. & Convent Ave
- 10:25AM *Juan Espinoza-Navarrete* - West 133rd St. & Amsterdam Ave.
- 11:00AM meet Central Park South @ 7th Ave.

Queens:

- 11:30AM meet @ Queensborough Bridge
- 11:55AM *Pablo Pasarán* - 21st St. & 35th Ave.
- 12:25PM *James Langergaard* - Queens blvd & 69th St.
- 1:35PM *Stephen Hoadnett* - Hillside & Jamaica Ave.

Brooklyn:

- 3:00PM meet @ Grand Army Plaza
- 3:25PM *Unnamed* - 5th ave and Dean
- 3:35PM *Julian Miller* - Greene & Washington
- 3:55PM *Dan Valle* - Williamsburg Bridge
- 4:10PM *Eliseo Martinez* - Moore & Bushwick
- 4:25PM *Aurelio Perez* - Morgan & Harrison
- 4:40PM *Solange Raulston* - Nassau & McGuinness

Ride/Walk Convergence:

- 4:45PM @ Manhattan Ave & Milton
- 4:55PM *Violetta Kryzak* - India & Manhattan
- 5:05PM *Unnamed Cyclists & Pedestrians Killed in 2009*

Gathering of family, friends, cyclists and pedestrians

- 5:10PM Greenpoint Reformed Church - 136 Milton (between Franklin and Manhattan)

Ride/Walk updates @ www.ghostbikes.org & (day of ride) twitter.com/nyc_streetmem



NYC Ghost Bikes

www.ghostbikes.org/new-york-city

"The Street Memorial Project honors cyclists and pedestrians that have been killed on New York City's streets. We seek to cultivate a compassionate and supportive community for survivors and friends of those lost and to initiate a change in culture that fosters mutual respect among all people who share the streets."

"The project continues the work of various groups and volunteers, who for more than a decade have created memorials for those lost in crashes in New York City, starting with Right of Way's memorial stenciling project from 1996. The arts collective Visual Resistance began making ghost bikes in June 2005, when a member came across the site of Liz Padilla's crash minutes after it happened. The project was inspired by similar efforts in Pittsburgh and St. Louis."

If you're in New York on Sun. Jan. 3, 2010, brave the elements & attend the Ghost Bike memorial. Visit www.5bbc.org for details on our tie-in rides.



Maya Pedal



Water Pump



Blender & Smoothie



Corn Degreaser



Maya Pedal is a unique organization from San Andreas Itzapa, Guatemala. They put together pedal-powered machines, called *Bicimáquinas*, from used bicycle parts. Milling corn, pumping water, blending a shake or smoothie, soaps and shampoos and other industrial work can be done with these machines with just human pedal or hand cranked power.

Maya Pedal was started in 1997, with the help of Canadians. It was a sustainable development project for the benefit of local citizens.

For more information visit www.mayapedal.org

Macy's Thanksgiving Parade Thursday, Nov. 26, 2009. New York, NY



5BBC Leaders Liz Baum and Ed Pino got assigned to help walk one of the lighter-than-air balloons during the 83rd Macy's Thanksgiving Day Parade. Along with a large team, they escorted Dora the Explorer, right. Photo portrait provided by Ed Pino.



Aside from running the New York City Marathon race on Nov. 1, our own Dan Bach was a captain (above, in white jumpsuit) to help with the Smurf balloon, right. Photo provided by the Captain himself.



From 5BBC Leader Steve Sakson:

"I know it's probably way too late (*for the print issue-editor*), but I finally got a photo of my balloon, Ronald McDonald.

I'm the guy in the white coveralls and red cap with his back to the camera. My best view!

This shot was taken on West 77th street immediately before we joined the parade. The handlers are all in yellow, and the balloon captains, who fly the balloon and ensure a safe trip, are all in white."

Thanks to Ed, Liz, Dan & Steve for sharing all this.

5BBC Kids



On Nov. 29, 2009, at 9:18PM, Dan and Lisa Bach became parents & welcomed their lovely daughter, Celine Lee to the world. Photos provided by her Dad.



Newborn daughter with proud Poppa at the hospital—Congratulations Dan and Lisa!

Young lady enjoying a meal, with her family at the 5BBC Holiday party. Photo by Ed Pino



August 2009, 5BBC leader Dennis Griffin, became a grandfather of twins, granddaughter Vivian (left) and grandson Eric (right). Looks like they're learning traffic hand signals for a future 5BBC Day Trip at 17mph with their Quick Spin Grand Dad, who provided this photo.



Proud Grandpa at 5BBC Holiday Party. Congratulations!

Urban Mobility Project Battery Park City



Visit and enjoy this interesting cycling-related blog by Shelly Mossey. He devotes lots of attention to everyday bike commuting in his recumbent, whether it's on icy paths and everyday joys & hassles. In addition, Shelly is also "...promoting a safe, easy opportunity for families to experience bicycling with their young children in New York City! We Offer test rides, Zigo Child Carrying Bikes NYC ,Recumbent and Recumbent Trikes NYC!"

Visit his web blog on <http://urbanmobilityproject.blogspot.com/>

Bikes In Buildings



On July 29, 2009, the Bicycle Access to Buildings law was passed by the New York City Council. It allows employees who bike to work storage access of their bikes into commercial business premises.

This groundbreaking law, which lets employees obtain inside secure parking of their bikes, on the premises, went into effect on December 11, 2009.

A few things: work buildings must have freight elevators and building management has to have a Bicycle Access Plan in conjunction with the Department of Transportation.

For more details, visit

The New York City Dept. of Transportation website:
www.nyc.gov/html/dot/html/bicyclists/bikesinbuildings.shtml

Liveable Streets website:
www.liveablestreets.org/streetswiki/bikesinbuildings

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Customer Evangelist

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lynchiang@yahoo.com

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Eugene, OR 97402 • USA

www.bikefriday.com



**SAVE THE DATE!
SUNDAY
MAY 16, 2010**

Get Ready for the 5BBC
Montauk Century

Ride 65, 100 or 140 miles
to the Easternmost end of
Long Island's South Fork.

Registration will start
soon in January 2010.

We also need riding and
non-riding volunteers to
help out.

Visit our web for details:
www.5bbc.org/montauk

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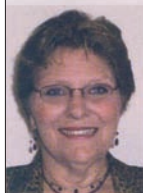
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Friday Night Kripalu Yoga!

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



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Bike Events on Tap



Five Boro Bike Tour
Bike New York
Sun. 6 May 2010
www.tourdebrooklyn.org



Bloomin' Metric Sound Cyclists
Sun. 23 May. 2010 www.soundcyclists.com



Tour de Queens
Sun. 11 July. 2010
www.tourdequeens.org



NYC Century Bike Tour Trans. Alternatives
Sun. 13 Sept. 2010 www.transalt.org



Tour de Brooklyn
Sun. 6 June 2010
www.tourdebrooklyn.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.



On The Record

TREASURER'S ANNUAL REPORT - 2009

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

INCOME & EXPENSE – 12/1/08 to 11/30/09

	Income	Expense	Gain/Loss
Administration	1,111	12,954	(11,843)
Communications	0	3,871	(3,871)
Day Trips	0	787	(787)
Membership	16,216	460	15,756
Newsletter	0	5,745	(5,745)
Programs	2,231	8,780	(6,549)
Special Events	173,724	157,727	15,997
Weekend Trips	16,555	16,945	(390)
Total	209,967	212,575	(2,608)

Administration – Income consists of contributions and interest on CDs. Expense consists primarily of contributions to nonprofit organizations, insurance, supplies and equipment, postage and office rent. In 2009 the 5BBC lost its space as Bike New York's subtenant but will continue to use the AYH Hostel as its mailing address for the near future.

Communications – Expenses consist mainly of flyers, brochures and related postage.

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

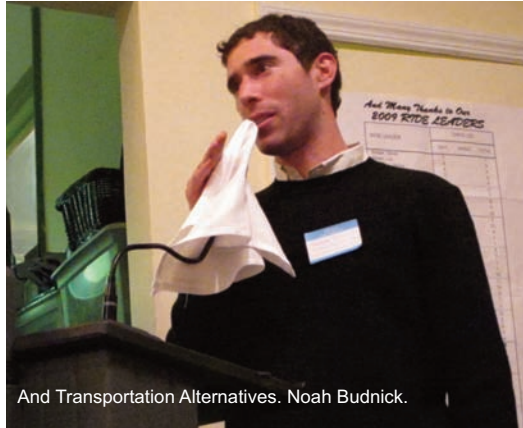
Leadership – Income is from nominal fees charged for our leadership training program. Expenses are for the training program and for annual awards for active ride leaders. In 2009 the 5BBC graduated one new ride leader.

Membership – Income consists of dues and merchandise sales. In 2009, income from membership dues declined by 11% from the previous year.

Newsletter – Expenses consist of printing and postage costs for hard copies of the Bicycletter. About 50% of our membership



On Dec. 5, 2009, the 5BBC has donated monies to: Pathfinders Youth Group. Edwin Bell, executive director.



And Transportation Alternatives. Noah Budnick.

currently requests hard copies; the balance opts for cost-free pdf copies which are downloaded from the 5BBC web site.

Programs – Income is from our annual holiday party. Expenses are for the holiday party and monthly meetings.

Special Events - Along with membership dues, the Special Events account, aka Montauk Century subsidizes the club's other activities.

Weekend Trips – This account is budgeted to break even in keeping with 5BBC policy to make weekend trips as economically feasible to as many of its members as possible.

NET WORTH as of 11/30/09

Assets	
CDs & Checking Acct.	82,146
Merchandise Inventory	1,203
Undeposited Funds	163
Total Assets	83,512
Liabilities	
Accounts Payable	(607)
Net Worth	84,119

Submitted by
Bob Castro, Treasurer

5BBC Executive Board Meeting Highlights, November 2, 2009

BID, 104 Washington St.

Present: Ed Ravin, Sharon Behnke, Andrea Casertano, Bob Castro, Fred Dieckamp, Alfredo Garcia, Barry Hartglass, Brian Hoberman & Katie Marion

Members-at-Large: Rhonda Wirtorf, Robert Eberwein

- Charity Committee Report (Barry and Bob)

Motion: To accept the Committee's report and the recommended allocation of \$7,500 to eight organizations, as follows:

- Bronx River Alliance \$1,000
- Lance Armstrong Foundation, \$500
- Leukemia & Lymphoma Society, \$1,500
- Pathfinders Youth Group, \$500
- Phoenix House, \$500
- REACT Emergency Services (Long Island Chapter), \$500
- Recycle-A-Bicycle, \$2,000
- Transportation Alternatives, \$1,000

Motion passed: 6-2-0

- Tentative agreement reached with Beth Katz to manage 2010 Montauk Century.

- Outreach/publicity: -- BNY mailing: the "Join Us" brochures have been completed & have been & will be mailed shortly. -- New Club Jersey: Barry proposed a "Jersey Design Contest" at Fashion Institute of Design.

From minutes prepared by Robert Ebewein

Membership, Trips & Merchandise

General Information (Please print)

First Name _____ M.I. _____ Last Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Email Address _____

Day Phone _____ Evening 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 _____ Evening 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.

Five Icon Jersey - CLOSEOUT SALE
Indicate quantity and size.
____ Men Out of Stock
____ Ladies (Circle One) 10 14
Total qty. ____ @ \$40 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

5BBC Membership Card and Participating Bike Shop Discount List

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

Flash your 5BBC Membership Card at these Bike Shops

BRONX

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

BROOKLYN

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

Bicycle Station

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

Fulton Bikes

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

Kensington Cycle Works

140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
www.kensingtoncycleworks.com

On The Move

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

Roy's Sheephead Cycles

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Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop

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

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A Bicycle Shop

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

B-Fold (Folding bikes)

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

Bicycle Habitat

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

Bicycle Renaissance

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

Champion Bicycles

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

Chelsea Bicycles

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

City Bicycles

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

Conrad's Bike Shop

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

Continuum Cycles

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www.continuumcycles.com

Gotham Bikes

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Larry & Jeff's Bicycles Plus (1)

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www.bicyclesnyc.com

Buddy's Schwinn Bicycle

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718-591-9180

Peak Mountain Bike Pro Shop

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718-225-5119
www.peakmntbike.com

Valley Stream Bicycle

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516-922-2150
www.visentinbike.com



Larry & Jeff's Bicycles Plus (2)

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www.metrobicycles.com

NYC Velo

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www.nycvelo.com

Sid's Bike Shop

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

Victor's Bike Repair

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Bicycle Barn

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Queens Village, NY 11429
718-479-3119

Bike Stop

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Long Island City, NY 11103
718-278-2453

Bill's Cyclery (1)

63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906

www.ubuybikes.com

Bill's Cyclery (2)

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

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850

www.spincitycycle.com

Spokesman Cycles

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

LONG ISLAND

The Bicycle Planet

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

Bike Discounters (1)

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

www.thebikeoutlet.com

Bike Discounters (2)

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

Brands Cycle Center

1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100

www.brandscycle.com

Carl Hart Bicycles

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

www.carlhart.com

Sayville Bike Works

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

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com

WESTCHESTER

Bicycles Unlimited

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

Pelham Bicycle Center

109 Wolfs Lane
Pelham, NY 10803
914-758-3338

www.pelhambikes.com

Sierra Cycles

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

CONNECTICUT

Baybrook Bicycles

243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576

www.baybrookbicycles.com

College Street Cycles

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

www.collegestreetcycles.com

Newington Bicycle

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

www.newingtonbike.com

NEW JERSEY

Bicycle Tech

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

Bicycle Workshop

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

Marty's Reliable Cycle

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

www.martysreliable.com

Strictly Bicycles

2347 Hudson Terrace
Fort Lee, NJ 07024
201-944-7074
www.strictlybicycles.com



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

Address Service Requested



5BBC Programs Coordinator Barry Hartglass & Bike Friday, in the Bronx. Photo by Sharon Behnke.



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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, 2010*

*Membership initiated after October 1, 2010 is valid through December 31, 2011.

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 March-April 2010 issue is:

Monday 1 February 2010

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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.



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