

# BICYCLÉ ÉR.

Publication of the Five Borough Bicycle Club  
Sans Print Edition  
March - April 2010  
[www.5bbc.org](http://www.5bbc.org)

# Yes! Spring Is Here

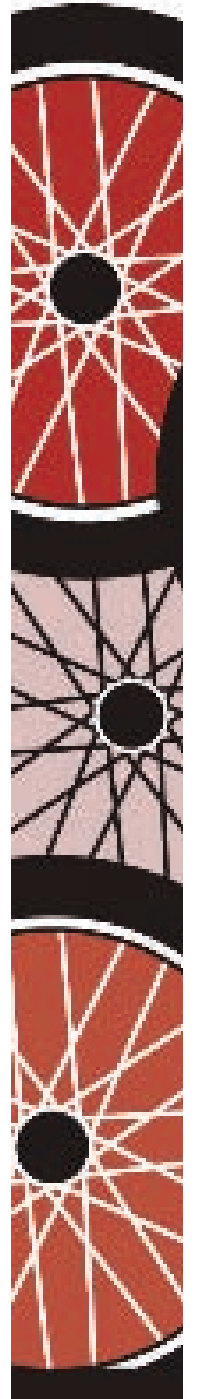
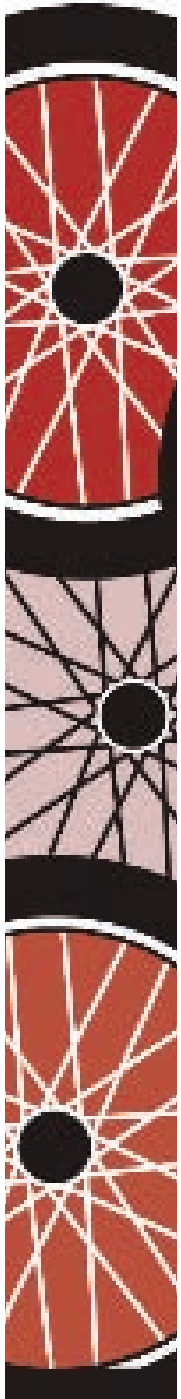


And Daylight Savings Time starts on Sun.  
March 14. Set clocks, watches & other  
timepieces one hour AHEAD.

# 20 MONTAUK CENTURY

 **5BBC** *Five Borough Bicycle Club*

Sunday, May 16, 2010





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

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

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

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

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

## About Day Trips

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

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

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

### Participants under age 18

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

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

### Bicycle Helmet Standards

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



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

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

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

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

For more information, visit the Bicycle Helmet Safety Institute, [www.bhsi.org](http://www.bhsi.org).

Cover: Montauk Century 2010 design by Caryn Greenberg. Above: "Daggon" road helmet by Spink.



Friday Mar. 26, 2010, 6:15 PM  
**KRIPALU YOGA CLASS**

**Breathing Project** 15 West 26th St., 10th fl., Manhattan.  
Subway: 1 6 R to 28rd St.; F V to 23rd St.  
Phone 212 591-1213 Web [www.nyripalu.com](http://www.nyripalu.com)



**A Gentle Approach To Yoga - How This Practice Can Benefit Your Cycling Skills!!!**

*The evening will feature certified Kripalu Yoga teacher Timothy Lamb leading a yoga class geared toward cyclists, incorporating stretching and meditation to improve flexibility and focus. Kripalu Yoga encourages self-compassion, a flowing breath and being present in the body as you choose your level of physical intensity. The key concepts are: Breathe, Relax, Feel, Watch, & Allow. Both beginners & experienced students are welcome to an evening of movement and inspiration.*

***Timothy Lamb**, right, has been studying & practicing yoga daily since 2004 and became a Kripalu yoga instructor in the summer of 2009. His classes have a strong emphasis on finding an evenness of breath, body, and mind while incorporating Anusara inspired alignment principles taught by Paulo Hudson. His class offers clear instruction in pranayama (breathing exercises), meditation (breath awareness), asana (physical posture), and guided relaxation; not necessarily in that order.*

***Lee Vibhusha Ilan**, left, is a veteran 5BBC Member and has been practicing Kripalu Yoga for many years. Since 1994 she has served as Volunteer Director of New York Kripalu, the local community that practices & teaches Kripalu Yoga & the teachings of Swami Kripalu.*

*Wear or bring loose comfortable clothing - changing areas and mats are available. Please arrive on time - building doors are locked at 7pm. Cost for the program is \$15. Space is limited ) - to reserve, leave a message @ 212-591-1213 or email : [programs@5bbc.org](mailto:programs@5bbc.org). Bicycles are not permitted in the building.*

Monday Apr. 19, 2010, 7:00 PM  
**A SOCIAL EVENING OF HODGE-PODGE**

**Ground Support Cafe**, 399 West Broadway (near Spring St.), Manhattan. Subways: W R to Prince St, 6 to Spring St. Phone 212-431-3315,



Photo: [manseekingcoffee.com](http://manseekingcoffee.com)

*Steve Sadoff is a cyclist and his new eatery establishment (web site in construction) is a bicycle-friendly venue, allow indoor/outdoor bike access. If the evening treats us to fair weather our meeting will extend out to the sidewalk portion of his cafe. Ground Support is fast developing the reputation of being the Java Capitol of Soho!*

*The evening will feature the following activities: A Swap meeting - Bring a piece of bicycle related equipment to trade, barter or sell.*

*A Bicycle T-Shirt Swap, Bring a T-Shirt (that is a relatively clean one) and we then put your name in a hat. Upon the drawing of your name, you then get to select from the remaining inventory.*

*Club Member Jen Benepe will be offering her bike fashion wear at a discount to 5BBC Members [www.hotvelociti.com](http://www.hotvelociti.com).*

*Ride up and enter our Flat Fixing Contest - Prize to be announced-While not obviously required, we suggest that you thank Steve by patronizing his establishment as he is looking to attract cyclists as customers. One can get a very nice beverage and a light meal and refreshment there in the \$12 - \$15 range-Thanks!*

*Barry Hartglass, Programs Coordinator*

**Bicycletter**  
**March-April 2010**  
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**Contributors:** Arabelle Taggart, Barry Hartglass, Beth Katz, Brian Hoberman, Caryn Greenberg, Danny Lieberman, Dennis Griffin, Ed Pino, Ed Ravin, Garrett, Liz Baum, Phil Goldberg, Regina Rowland-Napolitano, Robert Eberwein, Steve Faust, Trudy Hutter, etc.



**FREE Multisports Clinic on Sports Medicine & Training**

**Sunday, March 14, 2010**  
**10:00 AM-4:00 PM**

**Recommended by Dr. Merle Myerson, our Jan. 2010 5BBC General Meeting guest.**

St. Lukes Roosevelt Hospital  
1000 Tenth Ave New York, NY 10019  
(b/w 58th and 59th Sts, 10th Ave., 2nd fl. conference rooms)

Presented by St. Luke's-Roosevelt Hospital Cardiovascular Disease Prevention Program, they will have speakers and a vendor expo. It will be free to the participants. First 100 registered will get a goodie bag with a water bottle.

Topics Include:

- Swim, Bike, Run Training,
- Injury Prevention and Treatment,
- Nutrition for the Endurance Athlete,
- Psychology of Peak Performance
- Pre-Sports Participation Cardiovascular Screening

**To Register (it's FREE), visit [www.westchestertoughman.com](http://www.westchestertoughman.com)**

## 5BBC Rides Meeting Places

### City Hall

South of Chambers & Centre Streets, directly across from Brooklyn Bridge entrance, Manhattan, Horace Greeley statue. Subways: 2 3 to Park Place, R 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 Mounument 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.

### GWB Bus Station

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

### HI-AYH

Hosteling International / American Youth Hostels, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.

### Penn Station

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

### 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.

### Prospect Park (Picnic House)

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

### RING Garden

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

# 5BBC Day Trips March-April 2010

**Saturday, March 6, 2010**

## **MONTAUK TRAINING RIDE #1: HICKSVILLE**

**10:00 AM, Cunningham Park, 35 miles**

Not in shape for a 100 mile ride yet? That's OK, neither are we. Start preparing now for the Montauk Century with our training ride series - each week the rides get a little longer. Leaders: Ed Pino, Liz Baum

## **☺ A VIEW OF THE NARROWS**

**10:30 AM, Prospect Park, Picnic House, 15 miles**

This is picturesque and nautical view of lower NY Bay with some views of Sunset Park and Bay Ridge. Bring lock, bring or buy snacks. Rain or snow or temp below 32 one hour before meeting time cancels. Leaders: Terry Chin, Bob Castro

**Sunday, March 7, 2010**

## **MONTAUK TRAINING RIDE #2: ENGLEWOOD**

**9:30 AM, Columbus Circle, 35 miles**

from Hoboken to the G.W. Bridge. Lunch on Amsterdam Ave. with your choice of Italian, Asian, or Eastern European cuisine. Back down the Hudson to City Hall. Bring a lock & \$ for lunch and carfare (for the "under Hudson" segment). Leaders: Ed DeFreitas and TBA

**Saturday, March 13, 2010**

## **MONTAUK TRAINING RIDE #3: WEST ENGLEWOOD**

**9:30 AM, Columbus Circle, 40 miles**

The Montauk training series takes us over to Jersey again, but a little farther than last week. Leaders: Jim Zisfein and Andrea Casertano

**Sunday, March 14, 2010**

## **NOTE: DAY LIGHT SAVINGS TIME STARTS. SET CLOCKS & WATCHES AHEAD 1 HOURS**

## **MONTAUK TRAINING RIDE #4: SANDS POINT**

**10:00 AM, Cunningham Park, 35 miles**



Brave working cyclist on Broadway during Feb. 10, 2010 snowstorm. Photo by Alfredo Garcia.

One of the nicest spots to visit on the North Shore in Nassau County. The series rides get harder next week, so start training now! Leaders: Ed Pino, Liz Baum

## **GET BACK IN SHAPE #1: SCARSDALE 10:30 AM, RING Garden (Broadway & Dyckman St, Manhattan), 25 miles**

This is the first of a ride series to help us get back into shape

after a winter of relative sloth. Follow the Bronx River bike path, enjoy the geese, ducks and swans and peaceful babbling brook on our first outing. Lunch will be indoors in Scarsdale. Bring MTA bike permit just in case. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie at 212-567-8272 after 8 am if still in doubt about weather conditions. Leaders: Maggie Clarke & TBA

## **UNDER AND OVER THE HUDSON 9:30 AM, City Hall, Manhattan, 30 miles, mostly flat w/one big hill**

Stretch your legs along a long shoreline stretch



☺ **THE HILLS OF PROSPECT PARK**  
**10:30 AM, Popeyes (Christie & Canal),**  
**Manhattan, 15 miles**

We'll make some significant stops (who's buried in Prospect Park?) in this Olmstead and Vaux Park. Bring lock, bring or buy snacks. Rain cancels. Leaders: Terry Chin, Ed DeFreitas

**Saturday, March 20, 2010**  
**MONTAUK TRAINING RIDE #5:**  
**NORTHVALE**  
**9:00 AM, Columbus Circle, 45 miles**

A little longer and a little hillier than last week, but just as scenic. Bring a lightweight lock, \$ for lunch, and an MTA rail pass just in case. Leaders: Brian Hoberman and Jim Zisfein

**Sunday, March 21, 2010**  
**BROOKLYN SOJOURN**  
**9:00 AM, City Hall, Manhattan,**  
**40 miles, mostly flat.**

Electric cars aren't new. Beautiful brownstones, but not in the expected neighborhoods (do you smell a bargain?). Nothing weak about Weeksville. A piece of Brooklyn Dodgers history and maybe more! All in a Brooklyn sojourn. Bring a lock & \$ for lunch. Leaders: Ed DeFreitas and TBA

**MONTAUK TRAINING RIDE #6:**  
**LOCUST VALLEY**  
**9:30 AM, Cunningham Park, 50 miles**

Start gearing up for the longer distances! Visit the quaint town of Locust Valley on Long Island's "Gold Coast." More info at [www.locustvalley.com](http://www.locustvalley.com). Leaders: Ed Pino, Liz Baum (regular), Dennis Griffin (quick spin)

**GET BACK IN SHAPE #2: CLOSTER**  
**10:30 AM, GWB Bus Terminal, 25 miles**

Not in shape yet? Venture into Bergen County, NJ, on Irv's very pretty route through the `burbs of Bergen to the Closter Diner for lunch. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie at 212-567-8272 after 8 AM if still in doubt about weather conditions. Leaders: Maggie Clarke & TBA

**Saturday, March 27, 2010**  
**☺ SPRING WAVE BREAK**  
**11:15 AM, Prospect Park, Grand Army**  
**Plaza, 15 miles, leisurely pace**

Spring is the time when you begin to think about preparing for your exams, and going before boards to defend your thesis. But to Chris and his surfing dudes, when you go in front of his boards you're not thinking statistics, grammar or even page references, you're thinking waves, wax, sun, and sand. Williamsburg might not seem like a surfer's paradise but head into Mollusk Surf Shop and those Spring Exams will quickly become Spring Break. Whether it's Waikiki or Rockaway Beach, find out about surfing for all seasons and how surf boards are made. Lunch at a local Williamsburg eatery. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and Andrea Casertano

**Sunday, March 28, 2010**  
**FOUR BORO BIKE RIDE**  
**9:00 AM, City Hall, Manhattan,**  
**35 mostly flat miles**

Sorry Staten Island - we promise to dedicate an entire ride to you. But we need enough time to give justice to (and have lunch in) Arthur Avenue, deep in the heart of The Bronx, along with Brooklyn, Queens, Manhattan, and the Triborough Bridge that hooks most of them together. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas and TBA

**RIVER ROAD IN SPRING**  
**10:00 AM, GWB Bus Terminal,**  
**30 hilly miles**

Our annual "River Road in Winter" ride through Palisades Interstate Park (NJ) got frozen out this year, so let's rename it and try again. In the early Spring you can still enjoy unobstructed views of the cliffs and across the Hudson River, and most of the road will still 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

**Saturday, April 3, 2010**  
**MONTAUK TRAINING RIDE #7:**  
**WESTWOOD**  
**9:00 AM, Columbus Circle, 50 miles**

Out in the far corner of Bergen County, where the farther you go, the prettier it gets, lies the scenic hamlet of Westwood. Bring a lightweight lock (this is the suburbs, not Sixth Ave) and money for lunch. Leaders: Purnell Lancaster, Brian Hoberman (regular), Dennis Griffin (quick spin)

**World Trade Center PATH**  
PATH station entrance, West of 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](http://www.5bbc.org/meetingplaces.shtml)

Phil O'Reilly's *Palmarès*



Not really a cycling honor, but our 5BBC man Phil O'Reilly won a **standup comedy contest** in Astoria, Queens. Congrats and laugh it up, funny guy. Photo by Brian Hoberman.



**This Year's Model**  
2010 jersey for the May 2 Bike New York / TD Bank Five Borough Bike Tour



**Important Bike Accessory**  
When You Ride...

According to New Jersey's Title 39 of their Motor Vehicles and Traffic laws, article 39:4-11, Audible Signal:

"A bicycle must be equipped with a bell or other audible device that can be heard at least 100 feet away, but not a siren or whistle."

Source: Biking in New Jersey  
<http://tinyurl.com/yhwsx9u>



### IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at [www.5bbc.org/rides](http://www.5bbc.org/rides) and/or bulletin board; 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](mailto:newsletter@5bbc.org) to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & photos—let us know. Let's have fun getting the club's paper communiqué mailed to our members in the Age of the 21st Century Internet.

BICYCLE  ER

The March April 2010 print edition of the Bicycletter was prepared and mailed on March 4, 2010 by Marina Bekkerman, Gia Tran, Andrea Cesartano, her husband and son as well as Phil Goldberg. Thanks!

### MONTAUK METRIC TRAINING RIDE #1: HICKSVILLE

10:00 AM, Cunningham Park, 35 miles

Yes, we did this ride back in March, but we're re-using it as a training ride for those of you who want to ride the metric century in Montauk. That's a hundred kilometers, only 60% of a hundred miles so you can start training a month later. Leaders: Ed Pino, Liz Baum

Sunday, April 4, 2010

### ☺ BROOKLYN RESIDENTIAL TOUR #1

10:00 AM, Popeye's (Christie & Canal), Manhattan, 20 miles

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Windsor Terrace and more. Bring lock, bring or buy snacks. Rain 30 minutes before starting time cancels. Leaders: Terry Chin, Ed DeFreitas

### GET BACK IN SHAPE #3:

White Plains 10:00 AM, RING Garden (Dyckman St and Broadway, Manhattan), 32 miles

Heading north again on a very pretty route through the burbs of lower Westchester. Lunch at a White Plains diner. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. Bring MTA bike permit just in case. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie at 212-567-8272 after 8 AM if still in doubt about weather conditions.

Saturday, April 10, 2010

### MONTAUK TRAINING RIDE #8: CENTRE ISLAND

9:00 AM, Cunningham Park, 65 miles

One of our favorite destinations - when you're out along the breathtaking shore you might find the hills not as daunting as the last time. Leaders: TBA (regular), Dennis Griffin (quick spin)

### BLESSING OF THE BIKES PLUS PIERMONT

8:45 AM, HI-AYH

50+ miles, mostly flat, some hills

Cyclists need all the prayers they can get. At 9AM we'll go to the Church of St. John the Divine for the annual Blessing of the Bikes. Then we'll head to Piermont, for lunch, enjoy views and count our blessings. Cycling pace 10-15mph, depending on terrain. Bring \$ for lunch. Visit

[www.theblessingofthebikes.com](http://www.theblessingofthebikes.com) for information on the Blessing. Leaders: Alfredo Garcia and TBA

Sunday, April 11, 2010

### MONTAUK METRIC TRAINING RIDE #2:

ENGLEWOOD 9:00 AM, Columbus Circle, 30 miles

Medium-paced ride over the GW Bridge & the hills of Bergen County. Bring a lock & \$ for lunch. Leaders: TBA

### WOODLAWN CEMETERY TOUR

9:00 AM, HI-AYH, 30 miles

Join the celebration of living history at New York's second oldest cemetery. Visit both memorials to the past and an outstanding venue for reflection, peace, and beauty. We might even get a guided tour. Leaders: Ed DeFreitas and TBA

GET BACK IN SHAPE #4:

### EAGLE ROCK

10:00 AM, WTC PATH station, concourse level, bottom of escalators, 35 miles

Take it easy on this short but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. Towards the end of the ride, we'll go through Cherry Blossomland and maybe get an early preview of the blossoms. Bring \$ for carfare and lunch. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. Call Maggie at 212-567-8272 after 8AM if still in doubt about weather conditions. Leaders: Maggie Clarke & TBA



Scaling the Bayonne Bridge, Frostbite Ride #1, Dec. 6, 2009. Photo by Garrett



**Saturday, April 17, 2010**  
**MONTAUK TRAINING RIDE #9:**  
**ROCKLAND LAKE**  
**9:00 AM, Columbus Circle, 70 miles**

Go into the northern reaches of Rockland County and the town of Congers. If you've been training with us you should be ready for all the hills on the way to Rockland Lake State Park. Bring a lightweight lock and \$ for lunch. Leaders: Brian Hoberman and Jim Zisfein

**☺ RIGHT UP YOUR ALLEY TOUR**  
**10:00 AM, City Hall, 19 leisurely miles**

Big Streets, Big City. Not so fast you jet setter! Slow down. From tucked away hidden streets to underground passageways this is one tour that will "a-mews"

you. You'll look at these places and ask, "Is this New York?" You bet it is! You'll want to park your horse and carriage there, do the minuet, swing in a tree house or dig a hole in search for Indian head pennies. We'll hit alleys in Manhattan, all with distinctive personalities, all with distinctive histories. Lunch will be uptown in Harlem Heights. But this is not a bike ride in the classic sense but a ride to classy (and maybe not so classy) places. Bring lock and money for lunch at a local eatery. Rain at start cancels. Leaders: Richard Sanford and TBA.



Richard Sanford's Glass Blowing Ride, Feb. 20, 2010. Photo by Arabelle Taggart.

**Sunday, April 18, 2010**  
**MONTAUK TRAINING RIDE #10:**  
**SUNKEN MEADOW**  
**8:30 AM, Cunningham Park, 75 miles**

Now this is a truly great ride. Never mind the training aspect; it's just fun all the way to the beach. Please remember to bring your MTA Bike Permit in case you need to bail out! Leaders: TBA (regular), Dennis Griffin (Quick Spin)

**MONTAUK METRIC TRAINING RIDE #3: CITY ISLAND**  
**9:00 AM, Columbus Circle, 40 miles**

Lots of Greenway riding and lunch at everyone's favorite fast food fish place alongside Long Island Sound. Leaders: Danny Lieberman and Fred Dieckamp

**GET BACK IN SHAPE #5: IRV WEISMAN CHERRY BLOSSOMS / LITTLE FALLS**  
**9:30 AM WTC PATH station concourse level, bottom of escalators, 40 miles**

This scenic highlight of the spring season takes us through Cherry Blossomland outside Newark not once, but twice. This is one of the largest collections of cherry trees in the country. We'll also go through the magnificent estates in the Montclairs and depending on weather and our conditions, lunch in either Upper Montclair or

Little Falls.  
 Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation.  
 Leaders: Maggie Clarke, Fred Dieckamp

**Saturday, April 24, 2010**  
**MONTAUK TRAINING RIDE #11:**  
**STONY POINT**  
**8:00 AM, Columbus Circle, 82 hilly miles**

Stony Point, just south of Bear Mountain, is one of the most strenuous and challenging trips in the training ride series. This ride is very hilly, so don't attempt this unless you are ready for some hard work! Leaders: Alfredo Garcia, Steve Sakson (regular), Dennis Griffin (quick spin)

**Sunday, April 25, 2010 MONMOUTH COUNTY SHORELINE RIDE**  
**40 flat miles, 12-14 mph 8:45 AM (for a 9:07 AM departure), Penn Station (NE corner of 8th Av & W 31st St)**

Bike along New Jersey's shore between Asbury Park and Matawan including Sandy Hook, part of the Gateway National Recreation Area. 25 miles of the 40-mile route is car-free paths and trails. The newly opened bay shore trail segment linking

**Bikes On Trains**



24-hour access, no permit required, \$2 fare each way. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, visit: <http://advisory.mtanyct.info/customerselection.asp>. Read "Bike Safety in the Subways": [www.mta.nyc.ny.us/nycct/safety/bike/](http://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](http://www.mta.nyc.us/mnr/html/mnrbikpermit.htm)

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



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



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



## WELCOME OUR NEW MEMBERS

Amy Santiago, Andre Buchanan, Andrew Gold, Augie Pollard, Ayleen Kadish, Barry Nicoletti, Beth Kennedy, Bill Mastro, Brian Cange, Bridget Connolly, Christian Lawson, Daria Ayana, Davaish Ferraro, Deborah St. Coeur, Diana Leonforte, Dorothy Veldran, Dwayne Samuel, E. Schoenfeld, Edward Farkas, Edward Sepulveda, Elaine Graves Pryor, Elaine Swerdlow, Elisa Dodds, Esther Frank, Eunice Martinez, Frank Aumand, Frank Ferrer, Giovannina Ruggiero, Gloria Sepulveda, Hector Kind, Ivan Tiburcio, James Simpson, Jason Nicoletti, Jen Ippoliti, Jennifer Davila, Jill Stone, Jodi Migdal, Joni Schlender, Kathleen Leitner, Kathleen Sobral, Khin Mee Wong Chan, Lara Modersitz, Laura Basso, Lawrence Archer, Lynn Cole, Malik Priegue, Margaret Bania, Maria Nicolaidis, Mark Bernhardt, Martin Maness, Menachem Penzoh, Mervi Bilby, Michael Pryor, Michelle Elmer, Nif Karell, Nitin Bhambhani, Patricia Brody, Patricia Burke, Patricia Garne, Peter Hutchins, Rajan Kapoor, Rebecca Herschkopf, Ricardo Ramirez, Richard Bilby, Rob Wells, Robert McGee, Ron Panzok, Rosemarie Luke, Rudy Paulich, Sam Ippoliti, Sheryl Neutuch, Stephen Aji, Strauss Zelnick, Susan Cook, Susan Singh, Susanne Schultz, Thomas Fields, Thomas Leonforte, Thomas Noone, Thomas Pickering, Todd Cervera, Todd Dodds, Vicky Greene, Vanessa Brennan, William Dunlap and William Estrada



**Yes!  
Ride with the  
Five Borough  
Bicycle Club!**



Highlands and Atlantic Highlands is a major "Oh Wow!" spot. Except for getting in and out of the NJ Transit station, this ride may be the Flattest Ride Ever. Bring a light-weight bike lock, \$ for train fare (\$21) and lunch, and sunblock. Trails suitable for both road and hybrid/ATB bikes.

Leaders: Marina Bekkerman and Richard Brause

### **GET BACK IN SHAPE #6: NYACK 9:30 AM, GWB Bus Terminal, 40 miles, rolling with a few steep hills**

Take the backroads through the pretty suburbs to Nyack, via Tappan and Piermont and then along the Hudson river to Nyack. We might even take the Tallman Park bike path through the woods on the way (be prepared for an unpaved path).

Leaders: Maggie Clarke & TBA

### **Saturday May 1, 2010 MONTAUK TRAINING RIDE #12: LLOYD NECK 8:00 AM, Cunningham Park, 85 miles**

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. No Point/Drop/Sweep today, and we ride as one group, no separate quick spin. Pack some snacks for the trip, in case you need the extra energy, and plenty of water so you don't get leg cramps. Warning, not for beginners. Leaders: Dennis Griffin, Ira Najowitz

### **Sunday, May 2, 2010**



Photo by Regina Rowland-Napolitano

### **BIKE NEW YORK**

Today's the day of the Five Borough Bike Tour, sponsored by our sister organization Bike NY. Even if you don't want to ride with 20-30 thousand of your closest friends, please consider doing what many other 5BBC members will be doing - volunteering their time (on the bike or off) to help make this amazing ride happen. Please visit [www.bikenewyork.org](http://www.bikenewyork.org) for details.

### **GET BACK IN SHAPE #7: Silver Lake 9:30 AM, RING Garden (Broadway and Dyckman St, Manhattan), 45 miles**

Take a large loop through the manicured burbs of lower Westchester, north through the country estates, to near the Kensico Reservoir (an extra loop along it if we feel our oats) and back around through White Plains and Scarsdale. Lunch will be a picnic on a grassy knoll near Silver Lake, and then the lovely Bronx river route back. 50% chance of rain or temps below 40 F cancels. Leaders: Maggie Clarke & TBA

### **Saturday, May 8, 2010 MONTAUK TRAINING RIDE #13: EATON'S NECK 8:00 AM, Cunningham Park, 90 miles**

The scenery of the North Shore expands on this beautiful trip and the main century event is just one week away. If you can handle this 90 miler you'll have no problem with the full century coming up. No point-drop-sweep on this final training ride, one group only, no separate quick spin. Leaders: Dennis Griffin & Ira Najowitz

### **Sunday, May 9, 2010 MONTAUK METRIC TRAINING RIDE #4: PIERMONT 9:00 AM, Columbus Circle, 50 miles**

Our metric series concludes with an old standard - Piermont, NY. Enjoy the hills, green pastures and river views. We'll visit the pier that extends nearly a mile into the mighty Hudson. Bring lunch money and a camera Leaders: Brian Hoberman and TBA

### **GET BACK IN SHAPE #8: STAMFORD 9:30 AM, RING Garden (Dyckman St & Broadway, Manhattan), 45 miles**

Off to Westchester and then Connecticut. The ride gets hillier as we go, but the lovely residential roads with immaculate landscaping just get better and the mansions get larger as we go through the backroads of Greenwich. If we're lucky we'll do the loop of Old Greenwich Point park that juts into the Long Island Sound, and end up at Stamford Station. Leaders: Maggie Clarke & TBA



2010  
**MONTAUK CENTURY**

 **5BBC** *Five Borough Bicycle Club*

Sunday, May 16, 2010



REGISTER TO RIDE  
THE MONTAUK CENTURY!  
VISIT

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

**SPECIAL FOUR PAGE SECTION!**

## MONTAUK CENTURY WEEKEND



May 15-May 16, 2010 (Saturday morning to Sunday evening)  
 Trip No. MCW  
 Space Available: 12 people  
 Deposit: \$150 Price: TBD

Transportation: Van  
 Lodging: business class hotel, double accommodations

Trip Rating: A, B

Mileage: Flexible; Approximately 65-100 miles per day, mostly flat  
 Leaders: Wentworth Price & TBA

For years cyclists from across the Northeast have come together to ride this springtime classic! The 5BBC Montauk Century is a scenic and superbly supported ride.

But since not everyone is up for biking 145 miles from Manhattan to Montauk in one day, you can do it in two days on our fifth annual Montauk Century Weekend!

You'll start pedaling east from Manhattan Saturday morning, following the same Montauk Century route, and being supported by a private SAG van, which will also tote your weekend bag.

Near the midpoint, we'll eat a fine dinner and then retire for the evening at a hotel.

Sunday morning, we'll have breakfast and join the throng for the rest of the route out to Montauk, enjoying all the Montauk Century event day services along the way. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear, back to the city.

Please note that the weekend trip price includes the registration fee for the Montauk Century event.

If you have already paid for the event, please let the trip leaders or Weekend Trips Coordinator know so that you may receive reimbursement for the fee after the trip.



Before the Montauk Century 145 or 100 mile route or Metric Century 65 mile route, join our FREE training ride series. See our Day Trip listings, on pages 4-9. **THE TIME TO PREPARE IS NOW!**



Along the Montauk Century, enjoy the various food & rest stops, staffed by our helpful volunteers, who want you to ride the whole length successfully.



Be prepared for weather conditions. Montauk is usually very cool in May. It rarely gets warm or rainy. Dress appropriately in layers and know when to remove & store gear when needed.





Register to **RIDE** the 2010 Montauk Century  
or join our weekend trip.

**VISIT**  
[www.5bbc.org/montauk](http://www.5bbc.org/montauk)



**The tradition continues.**  
**For over forty years, May in New York has meant the 5BBC Montauk Century bicycle ride.**

Our riders enjoy bike-friendly low-traffic routes, scenic back roads & views of the Atlantic.

We offer 2 check-ins: Penn Station in Manhattan & the Babylon LIRR station in Suffolk County.



We offer 3 start lines with route distances of 65, 100, and 145 miles. All routes feed into each other and end at the same finish point in Montauk, where we provide a free hot meal (vegetarian option available), a hot shower and optional transportation home for you and your bike.

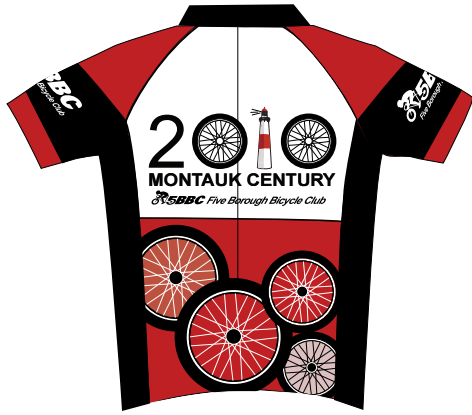
Many of our riders will choose to ride at their own pace, but we also offer group rides escorted by trained 5BBC leaders.

We have a 65-mile relaxed-pace (12-13 mph) group--perfect if this is your first long-distance ride.

And, if you would like to pedal the entire 145-mile route but would rather not try to do it in one day, we offer an optional two-day Montauk Century weekend mini-vacation (see page 10.)

Throughout our entire event, the 5BBC still has fabulous SAG (Support and Gear), in case you need help along the way.

We have fully stocked start locations and five rest stops along the way with the best food and volunteers you can find!



Get our 2010 Montauk Century jersey (front and rear views) designed by Caryn Greenberg. Visit [www.5bbc.org](http://www.5bbc.org)



Limited edition Jerseys & T-Shirts available online, visit: [www.5bbc.org/montauk](http://www.5bbc.org/montauk)



Great 2010 Montauk Century T-Shirt, designed also by Caryn Greenberg!



It's a glorious feeling to finish the Montauk Century. Then see your friends, get a warm shower and eat a hot meal. It will be a great day for all. And you can be a part of it.



Return via the LIRR train ride. Your bike gets back too, placed in a truck.



You can **Volunteer** for the Montauk Century. There's a few spots that you can help with, maybe ride for free. Help is most welcomed. Email: [montaukvolunteer@5bbc.org](mailto:montaukvolunteer@5bbc.org) or visit: [www.5bbc.org/montauk/volunteer](http://www.5bbc.org/montauk/volunteer)





Cycling Snowman with bike helmet & Hotvelociti armwarmers, Feb. 10, 2010 snowstorm aftermath. Created by & photo by Trudy Hutter.



## COMPLETE THE VERRAZANO-NARROWS BRIDGE

NYC Department of City Planning 1997 Study

<http://www.transalt.org/files/resources/bridges/verrazano.html>

Verrazano Pedestrian/Bicycle Access: Planning/Design Feasibility & Amman and Whitney Feasibility Analysis & Cost Estimates Task 5A

VERRAZANO-NARROWS BRIDGE: A BICYCLE/PEDESTRIAN PATH PROPOSAL:

<http://home.earthlink.net/~sfaust1534/vnb/index.html>

Steven Faust - 1976 Report

THE VERRAZANO BRIDGE LIFEWAY

[http://treebranch.net/Verrazano\\_Lifeway.html](http://treebranch.net/Verrazano_Lifeway.html)

Much thanks to our own Steve Faust, who compiled these references and himself an advocate who believes this spectacular bridge should be accessible to cyclists and pedestrians. Photo: wikipedia

## Local Area Events from the East Coast Greenway Alliance

Wednesday, March 24, 2010  
Support Greenway in Jersey Meadowlands, Secaucus Public Library, 6-8:30PM. Address: 1379 Paterson Plank Rd., Secaucus.

Public hearing rescheduled from Feb. 10. New Jersey Transit is building two new railroad bridges across the Hackensack River, next to current Portal Bridge, "taking" 2.5 acres of Hudson County parkland. By law, it must compensate the County.



The NJ Conservation Foundation and the East Coast Greenway Alliance advocates a 2-mile adjacent off-road bicycle & pedestrian trail across the Jersey Meadowlands, project view, above. The trail would cross the Hackensack River on a new Portal Bridge as it connects Belleville Turnpike in Kearny with West Side Ave. in Jersey City, next to the Hudson Generating Stat. Let Mike Oliva (email [mike@greenway.org](mailto:mike@greenway.org)) that you'll be there.

Thursday, March 25, 2010  
NYC Committee Meeting, 4-6PM, NYC Parks & Recreation office, 24 West 61st St., 4th fl., Manhattan. Subway: 1 A B C D to 59th St. Progress reports & planning.

Sunday, March 28, 2010  
One-Way Guided Bicycle Ride from Manhattan and Yonkers to Tarrytown. 9:00 AM from Bike & Roll bike rental shop (Hudson River Greenway, 43rd St. in Manhattan) and 10:45AM from HF Richmond Memorial Park, Yonkers.

Leisurely one-way ride with return options (bring MTA bike permit) along the East Coast Greenway and Westchester Trails, off-road. To be led by the ECGA & Westchester Cycle Club.

For more information on the East Coast Greenway Alliance, visit: [www.greenway.org](http://www.greenway.org)



# Cycling In New York City

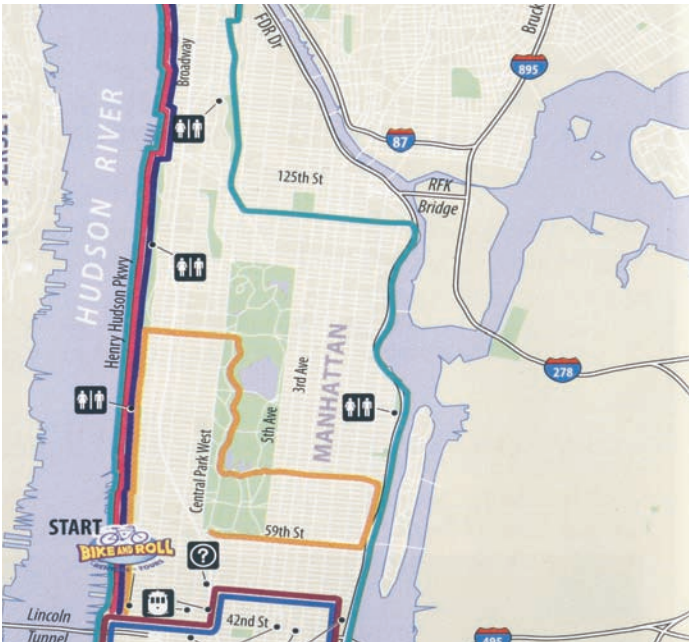


Photo by Danny Lieberman

The East Coast Greenway alliance, with the help of the New York committee, has a **NYC Weekend Trip Planner**, a pamphlet consisting of a 44-mile greenway map and suggestions for various bike and hiking trips. Most likely available at bike shops and at the Five Boro Bike Tour. Visit: [http://www.greenway.org/pdf/nyc\\_guide.pdf](http://www.greenway.org/pdf/nyc_guide.pdf)

Two Wheels+Two Seats=Love 5BBC leaders **Ed Pino & Liz Baum** were prominently mentioned in the Feb. 9 New York Times "Spokes" column on tandem bikes. Ed says that a marriage can be gauged by riding a tandem. "Because you have to work together...As my wife will tell you, I don't listen." To which Liz says "When he doesn't listen, I have to hit him!..." Visit <http://tinyurl.com/ybexjpf>



pedaling.tv



Photo by Alfredo Garcia

On Thurs. Feb. 4, at Whole Foods, a screening of **Pedaling**, a web tv show focusing on people who ride NYC streets with a connection to food. Several vignettes showed a racer loving Belgian waffles; 3 guys riding for ingredients for the perfect pizza & the "Saffron King" and his rare truffles to a bake shop. Visit [www.pedaling.tv](http://www.pedaling.tv)

In **Williamsburg, Brooklyn**, a struggle between cyclists & Hasidim over the Bedford Ave. bike lane partition. On Jan. 26, a debate was held at Pete's Candy Store. TA's Caroline Samponaro (top, left) & Hasidim City Council member Isaac Abraham (top, center), although not perfect, were suited to discuss this, to set future sincere meetings. Streetblog link: [www.streetsblog.org/2010/01/26/baby-steps-forward-in-bedford-avenue-bike-lane-debate/](http://www.streetsblog.org/2010/01/26/baby-steps-forward-in-bedford-avenue-bike-lane-debate/)



# Cycling In Asia



**INDIA:** Ever wonder about the India cycling scene? The Indian Cyclists network offers a free download of the first issue of their new magazine, *Cyclists.In*. Coverage includes the Cyclothon mass bike event, a series of rides in Bengaluru, Mumbai, Hyerbad and Delhi. Visit [www.cyclists.in/page/magazine-1](http://www.cyclists.in/page/magazine-1)



**PHILIPPINES:** The 2010 Tour of the Fireflies mass event will be held on Sun., April 18, cycling nearly 23 miles thru Metro Manila. Organized by the local advocacy group Firefly Brigade, makes a statement for a clean air and car-free Philippines, via bicycles. Details on [www.fireflybrigade.org](http://www.fireflybrigade.org).



**THAILAND:** Between Dec. 7, 2009 and Jan. 3, 2010, the annual Tour de Thailand was held, a 1,438 ride north from Chiang Mai to Phuket, south, mostly flat. Event attracted foreigners, who rode for charity, to benefit disadvantaged Thai. Cyclists went to scenic places and ancient historic sites. Visit [www.tourdehailand.com](http://www.tourdehailand.com)



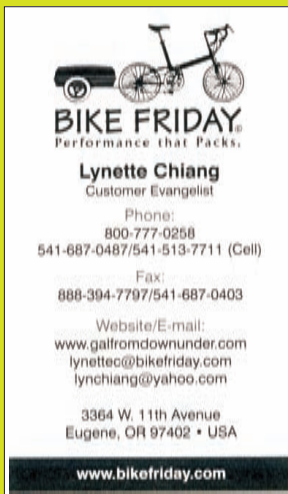
**VIETNAM:** The 2010 Saigon Cyclo Challenge will be held in Ho Chi Minh City, Sat., March 13. A charity event that benefits education of disadvantaged Vietnamese children. It consists of cyclo (pedicab) races, as well as a parade of colorful cyclos vying for fun awards. More info on [www.saigonchildren.com](http://www.saigonchildren.com)



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**200 MONTAUK CENTURY**  
5BBC Five Borough Bicycle Club  
Sunday, May 16, 2010



Emblem concept and jersey designed by our own Caryn Greenberg.

Register to ride, get our jerseys, T-shirts or to volunteer for the 2010 Montauk Century NOW!  
Visit:  
[www.5bbc.org/montauk](http://www.5bbc.org/montauk)

Tel: 917.699.7193  
Fax: 212.563.9870

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### Edward Pino M.S. LMHC

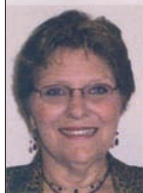
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sfaust1534@earthlink.net  
Faust and Associates  
Transportation Planning

Until further notice, 5BBC members in good standing can put free ads in this section. Space limitations apply and policy subject to change, with or without prior notice. For more information, email the Bicycleletter editor at editor@5bbc.org.

### HAND-KNIT & HAND-CROCHETED

bicyclist's pant leg protectors  
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hats, scarves, headbands, bags, kitchen items  
AND knitting lessons



marinasknittery@gmail.com  
www.Marinasknittery.etsy.com

### 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](http://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](http://www.tourdebrooklyn.org)



Bloomin' Metric Sound Cyclists  
Sun. 23 May. 2010 [www.soundcyclists.com](http://www.soundcyclists.com)



Tour de Queens  
Sun. 11 July. 2010  
[www.tourdequeens.org](http://www.tourdequeens.org)



NYC Century Bike Tour Trans. Alternatives  
Sun. 13 Sept. 2010 [www.transalt.org](http://www.transalt.org)



Tour de Brooklyn  
Sun. 6 June 2010  
[www.tourdebrooklyn.org](http://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

## 5BBC EXECUTIVE BOARD MEETING HIGHLIGHTS

*From minutes prepared by Robert Eberwein*

**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 Wittorf, and Robert Eberwein (designate)

Tour de Bronx: Barry and Sharon discussed their upcoming meeting with Bronx Borough President staff regarding plans for the 2010 TdB.

Charity Committee Report: Recommended allocation of \$7,500 to 8 organizations, accepted--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

Montauk Century: Reached tentative agreement with Beth Katz to manage 2010 Montauk Century. Ed will get final review of all subsequent changes.

Leadership: Katie proposing redesign of the leadership curriculum/course with particular attention to allowing training of more Day Trips leaders.

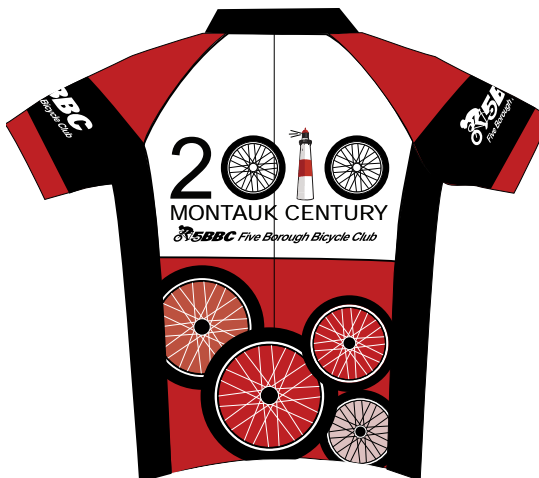
Newsletter: successful mailing party was held at 5BBC member Mary McNulty's house.

**December 7, 2009**  
**BID, 104 Washington St.**

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Brian Hoberman, Robert Eberwein, Ed Raven, Alfredo Garcia, Andrea Casertano, Barry Hartglass, Dan Finton and Beth Katz

Special Events (Beth Katz - Montauk Tour Director): Bob Bagamoloy will be assisting Beth; Crew chiefs have been contacted; Website scheduled to open Monday Feb. 1st.; Exploring support roles from: Recycle-a-Bicycle; Pathfinders; Transportation Alternatives; recommended purchasing supplies/equipment for Montauk Century event for long-term use, e.g tents, tables, coolers, banners, etc.

**January 4, 2010**  
**BID, 104 Washington St.**



Present: Sharon Behnke, Jim Zisfein, Bob Castro, Robert Eberwein, Fred Dieckamp, Andrea Casertano, Ed Raven, Barry Hartglass and Katie Marion

Board appoints Joe Candelaria as Member-At-Large pending acceptance

Programs: Jan 11th general meeting will have presentation by Dr. Merle Myerson: Exercise and the heart; Feb 8th general meeting: Open House at Bicycle Habitat.

Special Events: Montauk Jersey designed by Caryn Greenburg (above); T-shirt and post card design almost completed; Volunteer liason: Andrea Casertano; Rider liason: Brian Hoberman.

### Musings Of A Bicycletter Editor

• The following club listings & information were not available for the Bicycletter as we went to press Feb. 25, 2010: the Leadership Training course and Weekend Trips. Please check [www.5bbc.org](http://www.5bbc.org) for updates.

• This is the pdf "sans print" expanded color edition of the Bicycletter--you can click on most photos, graphics and urls that will take you to a web-related link. Enjoy reading!

*Alfredo Garcia*  
*Bicycletter*



### 5BBC Case Dismissed

On Feb. 16, nine months after the 5BBC lawsuit trial against the New York Police Department requirement of parade permits for groups of 50 or more people, the case was rejected.

The 5BBC is disappointed by US District Judge Lewis A. Kaplan's ruling, as cited by his 54-page decision and will respond further after we and the other Plaintiffs have a chance to study it.

For more information, which includes timelines, transcripts as well as the Judge's written decision, visit our specific 5BBC webpage: <http://tinyurl.com/y89rxpf>



Recommended Reading: **Bicycling and the Law**, by Bob Mionske. Nearly everything about related legal issues you need to know, such as accidents, motorists, road conditions, bad cycling products and asserting / protecting your rights as a cyclist. Available at local & online bookstores. Mionske also has a website, [www.bicyclelaw.com](http://www.bicyclelaw.com), a "Road Rights" column in Bicycling Magazine and a Facebook page, "Bob Mionske's BicycleLaw.com"

# 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

Rev. 12/11/09



## 5BBC Membership Card and Participating Bike Shop Discount List

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

### **Flash your 5BBC Membership Card at these Bike Shops**

#### **BRONX**

**Westchester Bike Pro Shop**  
2611 Westchester Ave.  
Bx, NY 10461 718-409-1114  
[www.westchesterpro.com](http://www.westchesterpro.com)

#### **BROOKLYN**

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

#### **Bicycle Station**

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

#### **Fulton Bikes**

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

#### **Kensington Cycle Works**

140 Ocean Parkway  
Bklyn, NY 11218 347-635-4645  
[www.kensingtoncycleworks.com](http://www.kensingtoncycleworks.com)

#### **On The Move**

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

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

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

#### **Verrazano Bicycle Shop**

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

#### **MANHATTAN**

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

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

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

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

##### **Bicycle Habitat**

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

##### **Bicycle Renaissance**

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

##### **Champion Bicycles**

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

##### **Chelsea Bicycles**

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

##### **City Bicycles**

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

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

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

##### **Continuum Cycles**

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

##### **Gotham Bikes**

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

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

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

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

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

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

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

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

95 E. Merrick Rd.  
Valley Stream, NY 11580  
516-825-8181  
[www.valleystreambicycle.com](http://www.valleystreambicycle.com)  
**Visentin Bike Pro Shop**  
51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771  
516-922-2150  
[www.visentinbike.com](http://www.visentinbike.com)



#### **WESTCHESTER**

##### **Bicycles Unlimited**

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

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

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

##### **Sierra Cycles**

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

#### **CONNECTICUT**

##### **Baybrook Bicycles**

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

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

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

##### **Newington Bicycle**

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

#### **NEW JERSEY**

##### **Bicycle Tech**

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

##### **Bicycle Workshop**

175 Country Rd.  
Tenafly NJ 07670 201-568-9372  
[www.bicycleworkshop.com](http://www.bicycleworkshop.com)  
**Marty's Reliable Cycle**  
173 Speedwell Ave.  
Morristown, NJ 07960  
973-538-7773

##### **www.martysreliable.com**

##### **Strictly Bicycles**

2347 Hudson Terrace  
Fort Lee, NJ 07024  
201-944-7074  
[www.strictlybicycles.com](http://www.strictlybicycles.com)

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

1690 2nd Ave. (87-88 Sts)  
NY, NY 10128 212-722-2201

##### **Midtown Metro Bicycles**

360 W 47th St NY, NY 10036  
212-581-4500  
[www.metrobicycles.com](http://www.metrobicycles.com)

##### **NYC Velo**

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

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

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

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

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

#### **QUEENS**

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

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

##### **Bellitte Bicycles**

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

##### **Bicycle Barn**

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

##### **Bike Stop**

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

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

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

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

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

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

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

##### **Spokesman Cycles**

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

#### **LONG ISLAND**

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

Address Service Requested



**PLEASE RENEW YOUR  
 5BBC MEMBERSHIP**

## About the Five Borough Bicycle Club

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

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

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 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](mailto:newsletter@5bbc.org). Please limit articles to 300 words. Classified ads are free to members.

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

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the May-June 2010 issue is:

**Monday 5 April 2010**

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## Contacting Us

Phone: (347) 688-2925 Note: this is a Google number set up for the 5BBC.

E-Mail: [info@5bbc.org](mailto:info@5bbc.org)

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

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



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