

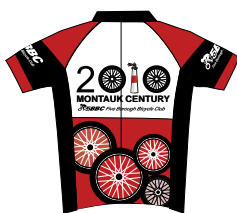
BICYCLER

Publication of the Five Borough Bicycle Club
May - June 2010 - Print Edition
www.5bbc.org



Photo by Bill Mastro

Getting Ready, Getting Closer For Our Big Event!



*Fabulous Montauk Jersey
& T-Shirt plus special T-Shirt
for Volunteers
by Caryn Greenberg!*



Free Montauk patch kit!



Free Montauk backpack!



We'll be there!

**Best of luck to those cycling & those
volunteering. Have a safe and fun ride!**

**Time is limited! Visit www.5bbc.org/montauk for info
to register, to volunteer and to get jerseys & t-shirts.**



Photo by Ben Karassik



Photo by Tom Hong



Photo by Alfredo Garcia



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

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

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

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

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

About Day Trips

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

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

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

Participants under age 18

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

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

Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The 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: Layout design by Alfredo Garcia. Above: "Prolight" road helmet by Giro.

Wednesday May 5, 2010, 6:30 PM

TOUGH: MAN, WOMAN & CHILD

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



We are pleased that our guest speaker will be: **Dr. Richard Izzo, DC CCSP.** Dr. Rizzo has been a practicing sports Chiropractor for 21 years with a practice in Westchester NY. An avid triathlete and cyclist for the last 21 years as well, he has completed over 200 triathlons including 10 Ironmans (IM) and 21 marathons. An average training week for IM would encompass 400+ miles a week cycling plus 3 centuries. He is also the founder and president of the Westchester Triathlon Club for 14 years as well as the race organizer for the Westchester Toughman Half Iron triathlon that takes place in Croton on Hudson on Sept 12th.

The craziest thing he has done to date is "The 2007 Ride To Lake Placid", a 300 mile ride he finished in 18.5hrs.

Come learn about the Westchester "Toughman" Half Iron Triathlon or perhaps learn about the kids version of the event, have your sports' chiropractic questions answered or volunteer as a Bike Captain / Marshal.

The event is community based and philanthropic in nature. Visit the website www.westchester-toughman.com/fund.shtml. It begins at: Croton Point Park and transverses many of the routes in Westchester County that 5BBC Members are familiar with! What better way to get into the Montauk Century State of Mind.

Monday June. 21, 2010, 6:30 PM

DESTINATION ISRAEL!

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



Our June program encompasses two of our club's favorite themes -Travelogues & Philanthropy! 5BBC Co-Leader **Dana Hudes (left) & member Moshe Reitman (right) & friends** will give a talk / slideshow / video about their experiences with the Wheels of Love Ride in The Holy Land (www.alynride.org) and the Alyn hospital (www.alyn.org.) A North American Friends of Alyn (www.alynus.org) representative will be here.

The presentation is about the past year(s) rides and the future -- including 2010!

This is a five-day ride (with various options) to use bicycling to raise money for a great cause! Alyn is a pediatric and adolescent rehabilitation facility in Jerusalem, Israel. They do amazing work!

Refreshments: Pizza & Wine from The Land of Milk & Honey! Kosher Dietary Laws will be observed for this meeting. Shalom!

Barry Hartglass, Programs Coordinator



Bicycletter May-June 2010

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Contributors: *Arabelle Taggart, Barry Hartglass, Beth Katz, Brian Hoberman, Caryn Greenberg, Dalah Del Prado, Dennis Griffin, Ed Ravin, Fred Dieckamp, Phil Goldberg, Robert Eberwein, Tom Hong, etc.*

New York Bike Items of Interest



2010 NYC Cycling Map is now available at bike shops, visit www.nyc.gov/bikes or call 311.



10th New York Bicycle Film Festival will screen another series of cycling-related movies from June 16-20. For details, visit www.bicyclemoviefestival.com or on Facebook (log in required)



Transportation Alternatives will hold their annual bike month events & rides (some are our 5BBC day trips). Cool & good. Visit www.bikemonthnyc.org or get the pamphlet at bike shops.



Flat tires, adjusting handlebars and other minor problems? Learn how to deal with them on "The Fix is In" rides. Dates: May 8, May 15 and June 26. Check Day Trips for details.

5BBC Rides Meeting Places

Bridgemarket

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

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.

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.

Grand Central Terminal

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

HI-AYH

(AKA as "the hostel") Hosteling International / American Youth Hostels, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St

Kew Gardens

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

Manhattan Bridge

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

5BBC Day Trips May-June 2010

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
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 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

**Wednesday, May 5, 2010
MANHATTAN EVENING RIDE
7 PM, Plaza Hotel. 18 miles. 7- 9:30 PM**

Annual leisurely evening ride in celebration of Bike Month NYC on Manhattan's Greenways. From Central Park, take the West Side path all the way down and back up on the East Side path. Rain date May 12. Co-listed with Times Up and NYCC. Leaders: Trudy Hutter & John Chiarella

**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



2008 Five Boro Bike Tour. Bike New York photo

☺ **THE FIX IS IN #1 - CHANGING FLATS
10:00 AM,
Prospect Park (Grand Army Plaza), 30 miles**

Don't know how to fix a flat? Don't want to stay indoors to learn how? Take a fun ride to the beach or other scenic destination for a laid-back, open air class on bike repair. Optional park benches nearby if you'd rather sleep through the 1-hour class. Leaders: Ed Ravin & Dan Finton.

☺ **KID'S ART BIKE PARADE
11:00 AM, Tompkins Square Park**

This is the ride that mommy and daddy have been waiting for all year. It's a kid's party and one-mile bike tour through the East Village, sponsored by the East Village Community Coalition and escorted by the NYPD. The 5BBC will provide bike check and repair services starting at 10AM. To see an earlier parade, go to <http://vimeo.com/2448954>. On this ride, adults must be accompanied by a little kid. Leaders: Bob Castro and Sharon Behnke.

**Sunday, May 9, 2010
HUDSON RIVER AND
OFF ROADING IN PIERMONT
8:30 AM, GWB Bus Terminal, 50 miles.**

Glorious views of the natural world await; come ride with your friends, a great day is promised. Mountain bike or hybrid needed for trail portion of ride. Leaders: Jesse Brown and Rodney Millard

**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



Arabelle Taggart's photo from the Woodlawn Cemetery ride.

**GET BACK IN SHAPE
#8: STAMFORD
9:30 AM, RING
Garden, 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

**OFF-ROAD VISTAS: THE "OLD PUT"
& THE OLD CROTON AQUEDUCT
9:30 AM, Van Cortlandt Park, 40 miles.**

Wheel through the woods on the two long-distance off-road trails that run from the Bronx through Westchester County. Start with the former Putnam Line railroad and return via the Old Croton Aqueduct, a dirt trail that runs over NYC's original water supply tunnel. Hybrid or ATB bikes only. Bring or buy lunch. Leaders: Ed DeFreitas & TBA

**☺ LIGHTHOUSE HILL
10:45 AM (for 11:00 AM ferry), South
Ferry, 25 miles and one really steep hill**

Tour some of Staten Island's cultural and architectural icons, including the Jacques Marchais Museum of Tibetan Art and the Alice Austen House. In addition to her prolific work as a photographer of New York in the 1800s, Ms Austen was also an avid cyclist in an age when women didn't usually indulge -- a very special woman! We'll also pass a still-active lighthouse and the only private house in New York City designed by Frank Lloyd Wright. The route includes quiet streets and off-road bike paths (suitable for all bikes). Bring \$10 for museum admissions. Bring or buy lunch. Leaders: Richard Brause & TBA

**Saturday, May
15, 2010
☺ THE FIX IS
IN #2 - BIKE
FIT AND
ADJUSTMENT
10:00 AM,
Prospect Park
(Grand Army
Plaza), 30 miles**

Another fun ride with an outdoor bike repair class during lunch break. We'll visit the beach or another scenic destination for a laid-back, open air class on how to adjust your bike seat, handle-bars, and position for the maximum efficiency and minimum pain. Optional park benches nearby if you'd rather sleep through the 1-hour class. Leaders: Ed Ravin & Dan Finton



**Sunday, May 16, 2010
5BBC MONTAUK CENTURY**

The 5BBC's main event - ride 65, 100, or 145 miles to the far end of Long Island. See www.5bbc.org/montauk for more information.

PATH Station, 33rd St. & 6th Ave.
33rd St. & 6th Ave., Manhattan.
Subway: 1 2 3 A C E N R to 34th St.

Penn Station
8th Ave. & 31st St., northeast corner, Manhattan. Subways: 1 2 3 A C E to 34th St.

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

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

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

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

Tompkins Square Park
Avenue A & East 9th St., Manhattan. Subway: 6 to Astor Pl., R to 8th St.

Van Cortlandt Park
Broadway at West 242 St., Bronx. Last stop on 1 Subway.

White Plains Road
Southeast corner, White Plain Rd. at Pelham Parkway, Bronx. Subway: 2 to Pelham Parkway.

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



Poster for a Jan. 30th cycling race benefiting the Haiti earthquake relief effort.



IMPORTANT CYCLING NOTE #1

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

IMPORTANT CYCLING NOTE #2

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

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



From bookcover: The Best of Newspaper Design 27

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

B I C Y C L E   E R

For 5BBC members: get the expanded & color pdf edition of the Bicycletter.

Visit: www.5bbc.org/bicycletter

☺ BROOKLYN BIKE JUMBLE 10:00 AM, Manhattan Bridge (Forsythe & Canal St.), Manhattan. 25 miles

There's a bicycle show at the Old Stone House Park in Brooklyn today. Dealers from all over NYC and the East Coast will be there to sell bikes, bike parts, bike clothing & anything else bike related. The 5th Ave. Street Fair is nearby in case you want to shop for things not bike-related. We'll also visit some new Brooklyn waterfront parks and bike paths. Leaders: Ed Ravin & TBA

Sunday, May 23, 2010 RIDGEMOUNT NJ QUICK SPIN (15 MPH+) 8:30 AM, GWB Bus Terminal, 50 miles

Shopping anyone? An early season quick-spin adventure test. Leaders: Jesse Brown & Rodney Millard.

HUDSON RIVER MUSEUM 9:00 AM, Plaza Hotel, 35 miles

It's a museum! It's a planetarium! It's a restored mansion full of Hudson River School art! It's a restaurant overlooking the Hudson River and the Palisades! It's all of those things and more, as you'll find out when you visit today. Medium pace (12-15 mph). For more info on the museum and current exhibits, see www.hrm.org. Bring or buy lunch, and bring \$5 for museum admission. Leaders: Ed Defreitas & TBA.

BIKE TO THE SOUTH POLE 9:45 AM (for 10 AM ferry to Staten Island), South Ferry 25 or 45 miles (optional early return)

Bike around Staten Island and by "around", we mean around. We focus on the quiet neighborhoods, including miles-long paths (suitable for all types of bikes) in the island's parks and waterfronts. No major hills but we're rarely on the level. Bring lightweight lock and \$ for lunch at a Bavarian Inn, and carfare for optional early return via SIRR after 25 miles. And yes, we will visit the South Pole at the southernmost point of New York State. Leaders: Richard Brause & Andrea Casertano.

Saturday, May 29, 2010 WANDERING TO WAVE HILL 9:00 AM, Columbus Circle, 30 miles with a few hills

Enjoy an extended spring visit to a treasure in the Riverdale section of the Bronx: Wave Hill. Once a private estate, it is now a secluded oasis overlooking the Hudson River and the Palisades (See www.wavehill.org). Our route will pass through picturesque parks in both Manhattan and the Bronx. Bring a lightweight lock, bring or buy lunch. Leaders: Brian Hoberman & TBA.

Sunday, May 30, 2010 THE PRINCETON 90 QUICK SPIN 8:30 AM, 33rd St & 6th Ave PATH Station, 90 miles



Veteran 5BBC leader Ira Najowitz, 2nd, right & Centre Island trippers. Photo by Ben Karrasik

Almost a century at quick-spin speeds (15 mph or faster). Let's just do it! Leaders: Jesse Brown and Rodney Mallard.

☺ NEAR BROOKLYN 9:30 AM, City Hall, 20 miles

The Twin cities of New York & Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time & others. This European invention we call New York didn't always look this way. Then, maybe, end up at a bike friendly pizzeria near Bowling Green. Leaders: Ed DeFreitas & TBA.

Monday May 31, 2010 THE FORTS OF QUEENS 9:00 AM Kew Gardens, 40 miles, fast pace

Do a fast-paced (15 mph or more) double loop of Queens County, starting with Fort Totten in NE Queens and circling over to Fort Tilden in the

Rockaways. Back roads & safe streets. Leaders: Dennis Griffin & TBA.

☺ **HISTORICAL GREENWOOD CEMETERY RIDE & WALK 10 AM, Manhattan Bridge (Forsythe & Canal), Manhattan, 20 miles**

Famous people are just dying to get into this place! Leonard Bernstein, Boss Tweed, Tiffany, Greeley, Ebbets, Eubie Blake and a whole bunch of other A-list names are waiting for you to visit the Green-Wood Cemetery, arguably NYC's first "green" public space and the inspiration for



Central Park. Bring comfortable walking shoes and a decent bike lock. Leaders: Terry Chin, Ed DeFreitas

Saturday, June 5, 2010
☺ **QUEENS TREASURES**
10:00 AM, Cunningham Park, 30 miles

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

Sunday, June 6, 2010
UP, UP AND AWAY
8:20 AM, Grand Central Terminal (for 8:47 AM train to Croton-Harmon), 45 hilly miles

Another beautiful and hilly 45-mile ride through quiet and scenic northern Westchester County. After we enjoy the ups and downs, we'll stop for some awesome ice cream at the Blue Pig just before taking the train back home. Bring a MTA

bike permit, snacks and \$15 train fare. Bring or buy lunch. Return to NYC will be between 5-6 PM. Leaders: Brian Hoberman & Alfredo Garcia.

THE LOTTERY RIDE (QUICK SPIN 15+ MPH) 8:30 AM, Pelham Parkway & White Plains Rd, Bronx, 67 miles

Three states, three lotteries, three chances to help balance the NY, NJ, and CT state budgets. The odds are only 1 in 45,057,474 that you'll get the NY jackpot, but it's a probable 12 to 7 you'll enjoy this quick-spin, fast-paced ride. Leaders: Jesse Brown and Rodney Millard

BRONX PERIMETER
9:00 AM, HI-AYH, 35-40 miles.

Our tour of Da Bronx passes in revue of Yankee Stadium (both of them?). This is the only borough in the mainland USA. The rest are all islands. We'll visit the wilds of Riverdale, touch on Westchester, pass Co-Op City, a fort tucked under a bridge with an astronomical observatory, pass an isle of the unclaimed dead and more. Mostly flat with some hills. Leaders: Ed DeFreitas & TBA.

Saturday, June 12, 2010
THE CARRIAGEWAYS OF MINNEWASKA
60 VERY hilly miles (6,000 ft total climb) 7:20 AM (for 7:47 AM departure), Grand Central Terminal

Why be down in the dumps when you can be up in the Gunks? Lift your spirits in the Shawangunk Mountains of Ulster County -- provided that you can lift your bicycle over a vertical mile on a 60-mile ride, and you're willing to forsake the paved road for the unpaved carriageways of Minnewaska Preserve. Highlights include mountain laurel in bloom, spectacular Awosting Falls, and Poughkeepsie's "Walkway Over the Hudson", the world's longest and highest bridge dedicated to bike/ped use. Bring or buy lunch, MTA bike permit, and \$29 carfare. We recommend minimum tire width 1-1/4" or 32 mm for off-road riding. Leaders: Jim Zisfein and Richard Brause.

GOLD COAST PRELUDE
8:00 AM, Kew Gardens, 75 miles Quick spin OR TENTATIVELY 8:30 AM Penn Station, 50 miles with LIRR assist (point/drop/sweep)

Head out to Syosset and then to the town of Huntington and through the Huntington Bay area. Great scenery, excellent roads. On the way back,

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/nyc/safety/bike/



Access requires an MTA Bike Permit, as well as fare, good for both trains, available, \$5 fee at:

- A) Grand Central Terminal, Metro North window #27 or call 212-532-4900
- B) Penn Station, LIRR Information booth or call 718-558-8228

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application form:

www.mta.nyc.us/mnr/html/mnrbikpermit.htm

For more information on all MTA trains, visit www.mta.info/bike/



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



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

LET'S WELCOME OUR NEW 5BBC MEMBERS



Mary McNulty on the forefront of the Westwood training ride, Sat. April 3, 2010.

Aaron Krawczak
Amelia Estrada
Anita Rapin
Arnold Grad
Beth Moore
Bill Gans
Bobbie Shiels
Carmine Langevin
Chris Bohlen
Christopher Hinds
Cynthia Clark
Darlene Disisto
Douglas Marshall
Dwayne Charles
Deniz Dinler
Edwin Kim
Erza Rich
Evelyn Hinds
Florence Celestin
Fumitaka Hatanaka
Frank Silverburg
Gaetano Venezia
Gordon Williams
Howard Berrent
Jeaneen McGee
Jennifer Stockdill
John Dutt
John Gadson
John Lee
Joshua Rotkin
Ken Gayle
Jeremy Grunfield
John Lord
Julian Spence
Kellene Mullin
Kenneth Garcia
Lawrence Bartantoli
Leonard Kirsch
Lorin Karic
Maggie Grunfield
Malcom Moore
Matthew Davis
Richard Knuts
Richard Smith
Saam Miller
Steven Hoss
Yuri Rabinovich

we'll eat in Theodore Roosevelt Park on Oyster Bay. This ride will have two sections - a quick spin from Kew Gardens for the full 75 miles and a shorter ride with LIRR assist. LIRR schedules not available at publication time, so please check the 5BBC web site for the exact meeting time at Penn station for the shorter (regular point/drop/sweep) ride. Bring MTA Bike Permit, spare tubes, and a good attitude. Bring or buy lunch. Leaders: Dennis Giffin & Susan Rodetis (quick spin), Andrea Casertano and Susan Levine (Penn Station).

Sunday, June 13, 2010 KOSHER BBQ RIDE 9:00 AM, Bridgemarket, 60 miles, 12 mph, return via LIRR from Hicksville Quick spin: 9:30 AM, Bridgemarket, 80 miles, 17-18 mph (no point-drop-sweep), return to Queens for subway

Our destination is Dix Hills and a delicious, freshly grilled Glatt Kosher BBQ lunch of burgers, hot dogs, and knishes in the backyard of Dana's Mom's house. Bring \$16 for lunch plus \$7.75 train fare, MTA rail pass and Metrocard, bike repair tools including 2 spare tubes, and lights in case of a late return. Please RSVP in advance to



Irish highwheeling cyclist. Photo by Ben Karrasik.

dhudes@hudes.org so that we may have enough food. Leaders: Ed DeFreitas and Lee Ann Van Wyck (Regular), Jesse Brown and Dana Hudes (Quick Spin).

Saturday, June 19, 2010 CLEARWATER HUDSON RIVER REVIVAL (Part 1) 8:30 AM sharp!, Grand Central Terminal, 25 miles, rolling terrain with one big hill

Our 22nd annual day-long summer retreat to this classic folk music festival returns with rides both

days of the festival (Saturday and Sunday!) We'll board Metro North's 8:45 am train to White Plains, then cycle to Croton Park (with return trip to NYC via train). Enjoy music, dancing, crafts, activists, stories, souvenirs and of course, food. Scheduled performers include Steve Earle, Railroad Earth, Steve Forbert, Toshi Reagon, and Tao and Pete. For ticket info see www.clearwater.org or updates at www.mta.info for train/festival package deals. Limited number of discount tickets (\$45) will be available via leader. Festival & bike ride are rain or shine; free bike parking available thanks to Times Up (www.times-up.org). Bring MTA Bike Permit, \$20 for train fare, more \$ for admission and food, and sunscreen. Leaders: Ted M. Kushner, Brian Hoberman, Susan Levine.

EXPLORE JAMAICA BAY 9:00 AM, Prospect Park (Grand Army Plaza), 35 miles

Ride to the Jamaica Bay Wildlife Refuge where we will walk the trails, check out the wildlife and enjoy a picnic lunch. Bring lock, binoculars and money for lunch. We don't want to ruffle your feathers, but if you also pack a birding field guide, you'll really find this a treat! This day trip will officially end at Floyd Bennett Field, but the cue sheet will include the route back to Prospect Park. The more adventurous riders will camp overnight in Floyd Bennett Field. For more information, or to reserve an overnight spot, see www.5bbc.org/weekend. Leaders: Richard Sanford and Bob Castro.

Sunday, June 20, 2010 CLEARWATER HUDSON RIVER REVIVAL (Part 2) 7:30 AM sharp!, Grand Central Terminal, 25 miles, rolling terrain with one big hill

We'll once again "retreat" to this classic folk music festival, with a one hour earlier start time! We'll take Metro North for the 7:45 to White Plains, then cycle to Croton Park (with late return to NYC via train). Enjoy music, dancing, cr afts, activists, stories, souvenirs, and of course, food. Scheduled performers include the legend ary David Bromberg & Angel Band, Lucy Kaplansky, Dan Bern, Shawn Colvin, Jay & Molly, Tao and Pete. For ticket info see www.clearwater.org or updates at www.mta.info for train/festival package deals. Limited number of discount tickets (\$45) will be available via leader. Festival & bike ride are rain or shine; free bike parking available thanks to Times Up!

Bring MTA Bike Permit, \$20 for train fare, more \$ for admission and food, & sunscreen. Leaders: Ted M. Kushner, Brian Hoberman, Susan Levine.

**HARRIMAN STATE PARK
(QUICK SPIN, 15+ MPH)
8:30 AM, GWB Bus Terminal, 90 miles**

Bear Mountain, we're coming back, 'cause we love to ride! Quick spin pace. Leaders: Jesse Brown & Rodney Millard.

**FLAT ROCK NATURE PRESERVE
9:00 AM, City Hall, 30 miles, 1 big hill.**

This is a bike to hike ride to a not well known but beautiful nature preserve. It's privately run, includes a nature center and you can lunch alongside a pond and take an unsupervised nature hike. Bring a lightweight lock, bring or buy lunch. Leaders: Ed DeFreitas & TBA.

**Saturday, June 26, 2010
☺ THE FIX IS IN #3
- FLAT FIX REDUX
10:00 AM, Columbus Circle, 25-30 miles**

After riding from Columbus Circle to Inwood Hill Park mostly along bike paths, we will teach people how to fix flats, patch tires, and - special bonus! - how to adjust the seat and handlebar heights (for those bikes that have adjustable handlebars). Rain cancels. Bring or buy lunch. Leaders: Dan Finton and TBA.

**Sunday, June 27, 2010
ARTFUL BIKING
8:40 AM, GCT (for 9:07 AM departure
to Darien), 35 hilly miles**



Take a scenic bike ride to the Aldrich Contemporary Art Museum in Ridgefield, Ct (www.aldrichart.org). Bring \$18.50 for train fare, \$7 for museum admission, MTA Bike Permit and bike lock. Return to NYC will be between 5-6 PM. Leaders: Susan Levine and Andrea Casertano

**LONG ISLAND DREAMING
QUICK SPIN (15+ MPH)
8:30 AM, HI-AYH, 50+ miles**

Just tooling along, enjoying this precious life at a Quick-Spin pace. Leaders: Jesse Brown & Rodney Millard.

**☺ QUADRUPLE BYPASS
10:00 AM, City Hall, 25 miles**

Double cross? Too easy. Triple cross? It's been done. How about a quadruple cross? There are four East River bridges and we're going to ride them all on the same day. After cycling over the Brooklyn, Manhattan, Williamsburg, and Queensborough Bridges, we'll head back downtown to a bike-friendly eatery. Leaders: Ed DeFreitas & Jim Zisfein.

**Sunday, July 4, 2010
AROUND AND OVER THE HUDSON
9:00 AM, City Hall, 40 miles**

See NYC from a ferry, the Bayonne Bridge, Liberty State Park, and Hoboken. Then stretch your legs along a long Hudson shoreline stretch to the G.W. Bridge (with the one big hill). Bridge the Hudson back to NYC. Pass Seinfeld's (who?) old haunt & choose your lunch cuisine, Italian, Asian or Eastern European, all on one Amsterdam Ave. block. Follow the Hudson River line back down to City Hall. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas & TBA.

**☺ BICYCLE BEACH BUMS
10:00 AM, Prospect Park (Grand Army
Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. Can't make it today? We're running this ride every Sunday in July and August - same start time, same place.

**Monday July 5, 2010
☺ TOUR DE ROOSEVELT
AND LONG ISLAND CITY
10:00 AM, Bridgemarket, 15 miles**

Visit the "other island" next to Manhattan, which once had an insane asylum and a smallpox laboratory. We'll also see some of Astoria and Hunter's Point. Leaders: Terry Chin & TBA.



**On The Record--Highlights of
5BBC Executive Board
Meetings based on minutes
taken by Robert Eberwein.**

February 1, 2010, BID. Present: Sharon Behnke, Jim Zisfein, Bob Castro, Andrea Casertano, Fred Diecamp, Robert Eberwein, Dan Finton, Alfredo Garcia, Phil Goldberg, Barry Hartglass, Brian Hoberman, Joe Candelaria & Beth Katz. Phil & Beth presented Montauk Century designs for jersey, BikeNY ad and postcard. They sent out sponsor request letters, spoke with Harbor House and obtained permits. Plus explored rental van options (cost savings). Montauk active.com registration is online. Andrea held Member Outreach meeting. Exploring promotional patches, etc. Montauk training rides set up by Ed. Brian will put ride updates on Twitter / Facebook 5BBC group. He uses Google phone to forward calls and messages. Fred will offer nine weekend trips for 2010.

March 8, 2010, BID. Present: Sharon Behnke, Jim Zisfein, Andrea Casertano, Fred Diecamp, Robert Eberwein, Alfredo Garcia, Barry Hartglass, Brian Hoberman, Ed Raven, Joe Candelaria, Peter Engel & Beth Katz. Peter mentions the "Join us" brochure is in process. Will have table at Bike New York. Was contacted by the 'Queens Social Cyclists' & have set up a meeting. Fred will design a weekend trips brochure. Beth presented several Montauk items: postcard, contract signed with Harbor House, set meetings with Long Island officials regarding routes & facilities. Sponsors round up include Bimbo Bakery and Adam White. Backpack swag item displayed. Barry announces Richard Rosenthal won jersey design contest. He presents a motion to set aside monies for jersey production, which passed. Ed has March April day trips schedule. Will have 10-15 rides co-listed with TA's Bike Month. Ed has also looked into First Aid classes for leaders. Wentworth Price presented Strawberry Century proposal to "attract a younger crowd."

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

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

About Weekend Trips

Summary of Weekend Trips

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

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

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

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

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

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

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

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

5BBC WEEKEND



Photo by Alfredo Garcia

The Weekend Twist on the 5BBC's Springtime Classic

MONTAUK CENTURY WEEKEND
May 15-16 (depart Saturday morning, return Sunday evening)

Trip No. MCW

Space Available: 12 people

Deposit: \$150

Regular price: \$250

Late registration premium \$20; effective May 4

Transportation: Van

Lodging: motel, double accommodations

Trip Rating: A

Mileage/Terrain: Approximately 75 mostly flat miles per day

Leaders: Martial Henry and Wentworth Price

For years cyclists have come together to ride a springtime classic, the 5BBC Montauk Century. There's no wonder why: the ride is flat, scenic and superbly supported. Though, not everyone is up for biking 145 miles from Manhattan to Montauk in one day. Now, you can do it in two days on our Montauk Century Weekend! You'll start pedaling east from Manhattan Saturday morning, following the official Montauk Century route, with full SAG



support. That evening we'll gather for a nice dinner together and then retire for the evening at a business-class hotel. Sunday morning, we'll have breakfast and join the throng for the rest of the route out to Montauk, enjoying all that the Montauk Century has to offer. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear, back to the city. Scenic, Simple, Convenient, and Comfortable.

A Step in to Amish Country

PENNSYLVANIA DUTCH TREAT

May 28-31 (Friday morning to Monday evening)

Trip No. PDT



Penn Dutch photo by William Batista.

Deposit: \$150

Regular price: \$370

Early-bird discount price (Deadline April 28): \$338

FINAL REGISTRATION DEADLINE: MAY 14

Transportation: Van or carpooling

Lodging: farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 40 per day on rolling hills

Leaders: Andrea Mercado & Ted Kushner

Step back to a simpler time during our trip to bucolic Lancaster County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures, and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll visit a working gristmill, and picnic on the site of an early settlement village. We'll lodge at local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. Dinner will be a unique experience every night. One evening, we'll be guests at the home of an Amish family. We'll also partake of a traditional Penn Dutch all-you-can-eat smorgasbord, and we'll cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

Mountaintop Retreat!

BEAR MOUNTAIN - HARRIMAN STATE PARK

May 29-31 (Saturday morning to Monday evening)

Trip No. BM

TRIPS 2010



2006 Bear Mt. photo by Vernon Bailey

Space available: 15 people
 Deposit: Pay in Full
 Regular price: \$140
 Early-bird discount price (Deadline April 29): \$126
 Transportation: Self-contained
 Lodging: Cabins/dorm rooms
 Trip Rating: A
 Mileage: Hard, 50 each way with some very steep hills
 Leaders: Manny Sanudo and Fred Dieckamp

Our host for this adventure-filled trek is the rustic Camp Thendara (www.thendaramountainclub.org), a 90 year-old mountaintop lodge, complete with stone fireplace, on Lake Tiorati in Harriman State Park. We will cycle 50 hilly miles from midtown Manhattan on Saturday, going "self-contained", meaning we'll



carry all our gear on our bikes. A REAR RACK AND PANNIERS TO CARRY YOUR GEAR ARE REQUIRED. Sunday offers a variety of options: swimming, boating, hiking, biking in the park, or just relaxing. Home-cooked breakfasts and dinners, along with trail lunches, are all included in the price. Guests at Camp Thendara prepare their meals together and perform light clean-up chores. On Monday, we'll bike home via a different route, with plenty of quiet back roads.

Vineyards of the North Fork
BIKE-BOAT-WINE-DINE
June 5-6 (Saturday morning to Sunday evening)

Trip No: BBWD Deposit: \$150
 Regular price: \$275
 Early-bird discount price (Deadline May 5): \$250
 Transportation: Van or carpooling
 Lodging: motel; double accommodations
 Trip Rating: A/B/C
 Mileage: Various, mostly flat but hillier on Shelter Island
 Leaders: Ted Kushner and Fred Dieckamp

Join us for a weekend on Long Island's serenely beautiful North Fork. Our trip features mostly flat biking, lush vineyards, scenic coastlines, a lighthouse or two, and an optional excursion to Shelter Island. On Saturday, we'll tour some of the area's finest wineries and sample their vintages. We'll lodge near Mattituck, a short distance from town and the beach, and we'll have an incomparable dinner experience at Connie's Café, a



Photo by Dalah Del Prado

charming "touch of France," featuring cherry wood décor, homemade baked goods, and an herb garden out back. On Sunday, we'll join our friends at the Suffolk Bike Riders Association's annual Bike-Boat-Bike Century (www.sbrweb.org), offering distances from 25-125 miles, rest stops, sag support, and ferries to Shelter Island for the longer routes.

A Self-Contained Overnight Camping Experience – in Brooklyn!

EXPLORE JAMAICA BAY
June 19-20 (Saturday morning to Sunday afternoon)

Trip No. EJB
 Regular Price: \$25.00
FINAL REGISTRATION DEADLINE: JUNE 15
 Transportation: Self-Contained
 Lodging: Tents
 Trip Rating: B
 Mileage: 35, flat terrain
 Leaders: Richard Sanford and Bob Castro

This is a combination day trip and weekend trip with the following itinerary:

- Saturday – We'll all start at 9:00 AM from Prospect Park's Grand Army Plaza, ride to the Jamaica Bay Wildlife Refuge, walk the trails and check out the flora and fauna. Bring binoculars.

backpack throughout the day.

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

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

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

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

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

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

CANCELLATIONS OR TRANSFERS BETWEEN TRIPS are restricted by club rules and subject to withholding costs based on

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

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

Fred Dieckamp



Bish Bash Bish, 2006. Photo by Amit Singh.



Floyd Bennett Field, 2007. Photo by Nelson Rowe.
5BBC Weekend Trips



Cape Cod, 2004. Photo by Sharon Behnke.



Picturesque Hyde Park scenery

Enjoy Yourself on a 5BBC Weekend Trip!



After a picnic lunch and a ride over the Marine Park Bridge, the day trip will officially end at Floyd Bennett Field. (But the cue sheet will include the route back to Prospect Park.) The overnighters will remain in Floyd Bennett Field.

- Saturday Evening - At this point the overnighters will get ready for true grit survival. Floyd Bennett Field contains one of the National Park Service's hidden campgrounds in the wilderness of the Jamaica Bay Wildlife Refuge. We'll pitch our tents, schlep our own water for cooking and washing, cook a communal dinner, sing songs around a campfire and sleep under the stars.

- Sunday - After a rustic breakfast we'll break camp and return to Prospect Park.

See Franklin Roosevelt's Cottage!

SEEKIN' HYDE PARK
August 7-8 (Saturday morning to Sunday afternoon)

Trip No. SHP

Space available: 8 people

Deposit: \$150

Regular price: \$225

Early-bird discount price (Deadline July 7): \$200

Transportation: Metro North Railroad and self-contained

Lodging: College campus

Trip rating: B/C

Mileage: 80 - 90 miles in 2 days, some hills

Leaders: Susan Levine and Brian Hoberman.



Ken Coughlin photo

This year's trip to the beautiful Hudson Valley will take us to both sides of the river, thanks to the opening last fall of the Poughkeepsie-Highland Railroad Bridge, "The Walkway Over the Hudson." Saturday morning departure from Grand Central

station will take us to Poughkeepsie via Metro North. After briefly stopping at Vassar's elegant Alumnae House to check in and drop off our luggage, we bike to New Paltz and a guided tour of historic Huguenot Street, which dates back to 1677 and boasts six original homes built by the first French-speaking Protestant settlers. Saturday evening, we dine in style at a restaurant owned and operated by a graduate of the Culinary Institute of America.

On Sunday morning, our destination is Top Cottage, Franklin Roosevelt's private retreat in Hyde Park, which he designed to accommodate his need for wheelchair accessibility. After a tour of the house and grounds, we return to Alumnae House to pick up our gear, and bike to the Poughkeepsie train station for the return trip to Grand Central.

Lancaster's Crown Jewel

COVERED BRIDGES RIDE

August 14-15 (Saturday morning to Sunday night)

Trip No. CB

Deposit: \$150

Regular price: \$240

Early-bird discount price (Deadline July 14): \$216

Transportation: Van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke and Phil Goldberg.

Discover some of Pennsylvania's most famous rural scenery and best biking as we join 3,000 other riders in the annual Covered Bridge Metric Century. This major Northeast biking event, produced by the Lancaster Bicycle Club (<http://www.lancasterbikeclub.org>), offers the choice of 62-, 31- and 15-mile routes, with a maximum of seven different historic covered bridges, followed by a post-ride party at a brookside park. You'll get a free T-shirt for doing the ride and will be rewarded with a traditional Lancaster County smorgasbord dinner on Saturday night.

A Taconic Treat

BASH BISH BASH

August 21-22 (depart Saturday morning, return Sunday night)

Trip No. BBB

Space available: 15 people

Deposit: Pay in Full

Regular price: \$170

Early-bird discount price (Deadline July 21): \$155

Transportation: Metro-North Railroad / self-contained

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

Trip rating: A/B

Mileage: flat-to-hilly, 110 miles in 2 day

Leaders: Richard Brause and Jim Zisfein.

This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and

rolling country hills. On Day 1, Metro North takes us to the heart of the Harlem Valley where we will ride rail trails and rural roads alongside the Taconic mountain range. We will visit beautiful Bash Bish Falls, enjoy the view from Sunset Rock, and swim in a pond formed from an abandoned iron ore mine.

On Day 2, the mountains give way to rolling hills. We will finish our ride in Poughkeepsie where we can check out the newly rehabbed "Walkway Over the Hudson" and savor the best chili you ever ate



Bish Bash Bish, 2006. Photo by Richard Brause.

before catching the train home. Most of the ride will be level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50-60 miles per day carrying panniers or a backpack with your clothing and supplies.

Escape NYC for a Labor Day Weekend Caper

CAPE COD RETREAT

September 3-6 (depart Friday mid-afternoon, return Monday evening)

Trip No. CCR

Deposit: \$150

Regular price: \$365

Early-bird discount price (Deadline Aug. 3): \$330

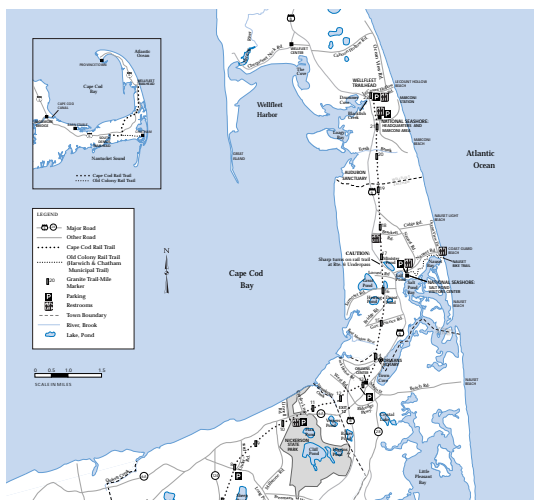
Transportation: Van and/or carpooling

Lodging: hostel, dorm rooms

Trip rating: B/C (mostly C)

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

Leaders: Fred Dieckamp & Ted Kushner



Cape Cod's beaches and pine forests are easily accessible via gentle rail trails with occasional rolling hills. On Friday night, we'll do a full moon

ride, so bike lights are a necessity. We hope to stay at the tranquil hostel in Truro, a short walk from the ocean. The next day, after exploring Provincetown, we'll cycle out of town to hit the dune trails. Another day, we'll go kayaking or whale watching. There are also options to swim at either the national seashore beaches or at a freshwater lake. Don't miss the seafood! This is a good trip for first-time visitors & shore-lovers alike.

Easiest 100 miles in the East

SEA GULL CENTURY

October 8-10 (Friday afternoon to Sunday evening)

Trip No. SGC

Deposit: \$150

Regular price: \$425

Early bird discount price (Deadline Sept. 8): \$383

Transportation: Van or carpool

Lodging: Motel, double accommodations

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price.



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

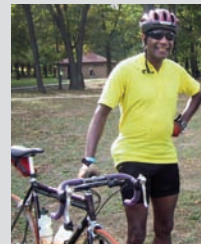


COME ON A 5BBC WEEKEND TRIP

For Memorial Day, Let Us Remember



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



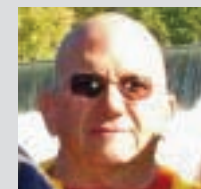
Jerome Allen. Rode from Staten Island to meet for 5BBC rides to Piermont and Nyack. Loved dancing because he can hold a woman instead of the handlebars. *Staten Island Bike Association photo.*



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



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



Jim Hall. Graduated 2005 5BBC leader. Unexpectedly passed away on April 19, 2010. Had a memorial service at St. Bartolomew's Church. *Via Manny Sanudo; Photo by Steve Taylor*

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

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

2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
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

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

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

Gotham Bikes

112 W Broadway
NY, NY 10013 212-732-2453
www.togabikes.com

Larry & Jeff's Bicycles Plus (1)

1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
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

South Shore Bicycle & Fitness

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

Valley Stream Bicycle

95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
www.valleystreambicycle.com

Visentin Bike Pro Shop

51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
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

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



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

NYC Velo

64 Second Ave. (4th St)
NY, NY 10003 212-253-7771
www.nycvelo.com

Sid's Bike Shop

235 E 34th Street NY, NY 10016
212-213-8360
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

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

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

East End Bicycles

943 Montauk Hwy.
Shirley, NY 11967
631-399-7390
www.eastendbikes.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



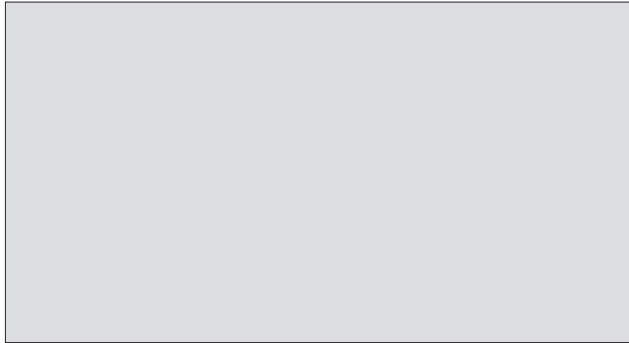
c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403
www.5bbc.org

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 Permit # 1004

Address Service Requested



Who says you can't be glamorous on a bike ride? A little makeup will do. Photo by Ben Karassik



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 July-August 2010 issue is:

Monday 7 June 2010

Bicycletter
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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

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 (NYCC) & the New York City Bicycle Safety Coalition.



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www.twitter.com/5bbc

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 and Twitter groups.